

# LISTEN

A  
JOURNAL  
OF  
BETTER  
LIVING



*Coral Gables High School*  
CORAL GABLES, FLORIDA

# It's a Fact



## NUGGETS OF NEWS

- "A single drink consumed rapidly on an empty stomach may produce measurable symptoms of intoxication," says *The Journal of the American Medical Association*.
- Americans spend on the average about \$17,000 every minute for alcoholic beverages.
- The real cure for drunken drivers, according to Donald Slutz, director of Detroit's Traffic Safety Association, is jail instead of fines. The fact that 60-70 per cent of such drivers in Detroit land in jail instead of receiving fines has reduced cases by 90 per cent. Public safety consciousness has made juries tougher than the judges, Slutz asserts.
- "Tidy up your taverns," owners are being admonished, in order to lure beer drinkers back to the bars. Too many seem to be staying home to watch television!
- Every person in the United States last year drank an average of a half barrel of beer, says the National Licensed Beverage Association. Total sales were 84,828,291 barrels.
- The brewers already have their eyes on a new crop of young customers! In another four years the industry will begin cashing in on the increase in the United States birth rate, and by 1960 can anticipate sales of 100,000,000 barrels of malt beverages compared to the 1953 figure of 86,000,000, says Arno H. Johnson, brewing executive.
- In Los Angeles County there were 29,496 applications for divorce, separation, and annulment during 1952, as compared with 30,177 marriage licenses issued. Court authorities say that in at least two out of every three marriages that fail, the use of liquor is a major cause.
- Seizures of raw opium, principal source of heroin, increased eightfold during 1953, reports the Customs Service.
- At the White House's first full-dress diplomatic reception in six years, which was attended by 2,100 distinguished persons, a fountain gushed an unending stream of fruit juice for the guests.
- Crime costs each American family an average of \$495 a year, estimates FBI Director J. Edgar Hoover. "It can reasonably be estimated," he declares, "that twenty billion dollars annually is the cost of crime in this country."
- In New Jersey, drinking by teenagers has been described as the primary cause of rowdyism, vandalism, and other forms of juvenile delinquency. The state senate is considering outlawing all drinking at interscholastic and intercollegiate athletic contests.

## The Shame of Washington, D.C.

In size, Washington is the ninth city in the United States. In other respects it stands higher:

2d in number of aggravated assaults

8th in number of burglaries, grand and petty larcenies

7th in robbery, murder, and nonnegligible homicide

1st in per capita consumption of spirits

1st in per capita consumption of wine

8th in per capita consumption of beer

2d in total per capita consumption

1st in consumption of absolute alcohol

"In every type of crime here, the alcoholic is a large factor. Testimony given in the courts shows this every day. A reporter of the Washington *Post* on two recent days analyzed all cases where testimony was given in the U.S. Branch of the Municipal Court. . . . This study showed that on one day, four out of eight of the cases tried involved alcohol, and on the second day seven out of nine cases involved alcohol. Court

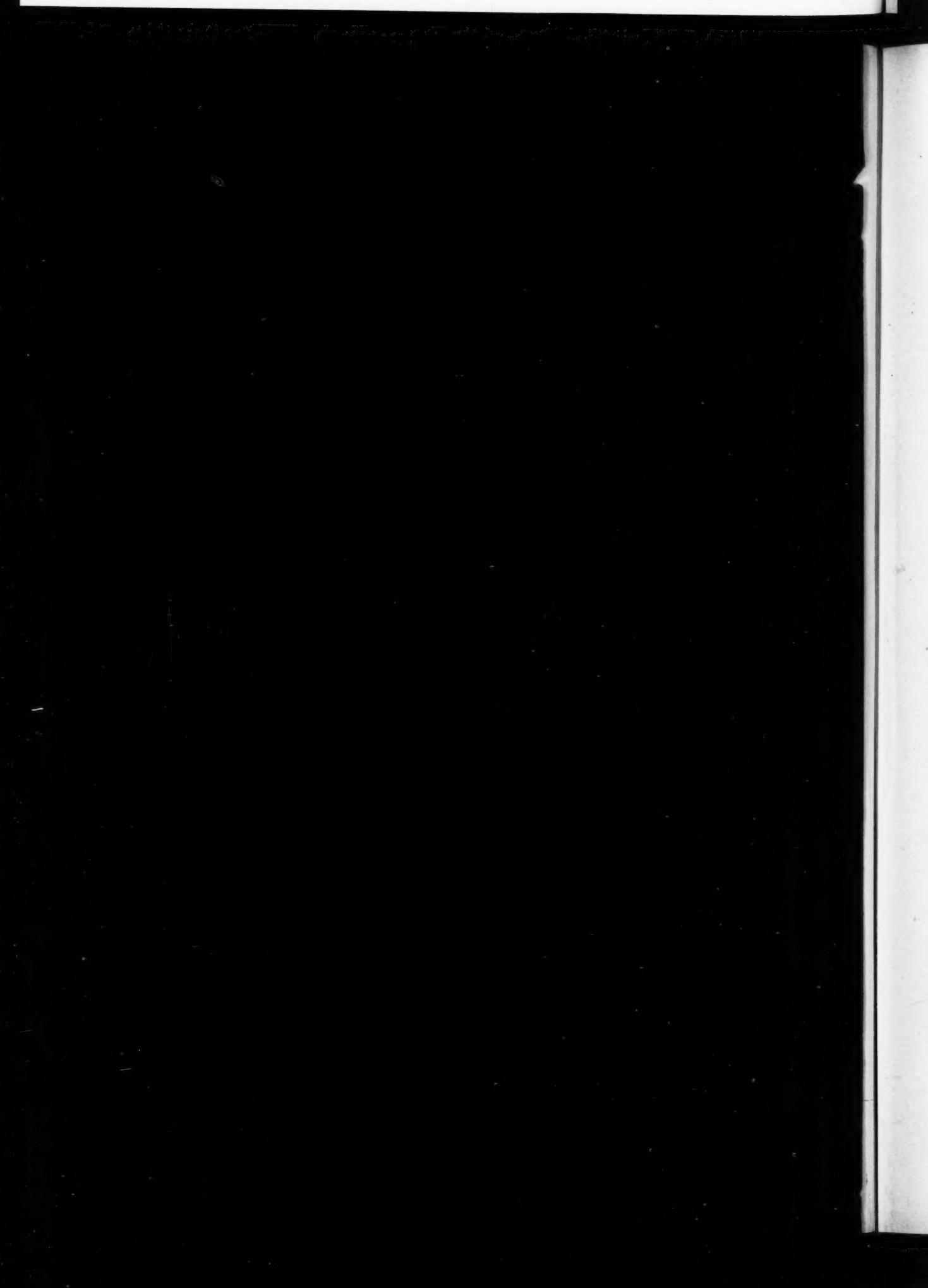
officials say that they range from 50 to 77.8 per cent. . . . In Washington the most frequent type of homicide is that which follows a drinking bout."

"During the last twelve months, the number of offenders under thirteen years of age increased 50 per cent."

From 1952 to 1954 the city was granted a total of \$5,224,650 by Congress for recreation facilities, or an average of \$6.25 per capita. In one year, 1952, Washington spent \$133,736,922 for alcoholic beverages, or \$160.16 per capita. Thus more than twenty-five times as much was spent for drink in one year as was allotted for recreation in three years!

During the same three years the schools of Washington asked for \$108,975,200, and Congress granted them only \$88,079,350. The city spent 1 1/4 times as much for alcohol in one year as for education in three.—Facts and quotations by Joseph Paull, in *Washington Post*.





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Number 3

# LISTEN

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### OUR COVER

Teen-agers are the leaders of tomorrow. Gracing *Listen's* cover are three who are already leaders in their Coral Gables High School, leaders in positive, "no-alcohol" activities. Left to right in the photo taken for *Listen* by Liddle and Kohn of Miami are Sandy Wirth, champion baton twirler and already winner of numerous beauty contests; Bill Weaver, senior class president; and Ellen Flannery, editor of *Cavaleon*, school yearbook. Bill and Ellen speak their mind in *Listen's* center-spread feature.

Sandy says, "I am against the use of alcohol chiefly because of what I have learned in church, in school, and at home.

"In *Sunday school* we are taught that it is wrong to become the victim of anything habit-forming.

"In *school* we learned that alcohol can bring poor health, undesirable companions, and the habit-forming need for a sedulling stimulant.

"At *home*, having learned to respect my parents' wishes, I am not tempted to use something harmful to me. Not only do I owe my church, my school, and my parents the responsibility of making the most of my life, but I owe it to myself."

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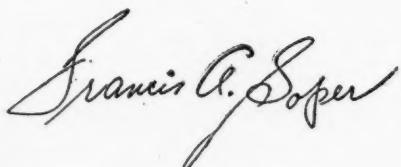
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# Memo to Parents



Muncie, Indiana, is famous not only for its industry but also for its Captain Al Guzzi, nationally known head of the city's Juvenile Aid Department. His success in dealing with youth problems has been phenomenal. However, the current uptrend of juvenile crime across the nation has him shaking his head in wonderment.

"Don't call it juvenile delinquency," he exclaims. "Call it family breakdown. That's what the trouble really is." And he cites among the major specific causes: "Too many beer-joint parents who don't think of themselves as heads of families."

Youth agreement with Al Guzzi comes from Minneapolis, Minnesota, but the young folks don't limit the blame to "beer-joint" parents; they bring it closer home. In a widely publicized youth forum the Roman Catholic Academy of the Holy Angels heard teen-agers describe from personal observation that between 80 and 90 per cent of high-school boys today drink, with the percentage for the girls somewhat lower. "And don't think," they went on to warn parents, "that sending your boys and girls to parochial schools will automatically take care of the problem."

These forum speakers called the popular parental tendency to serve drinks at home to teen-age groups an actual encouragement to lawbreaking. "They may think they are giving their kids an adult attitude. But they're not. They are putting a social sanction on something which is against the law."

That this expression by young people themselves can't be passed by lightly is indicated by a carefully conducted survey of high-school drinking in Nassau County, New York. This study by Hofstra College shows 90 per cent of the county's 29,000 high-school students to be drinkers, occasional or otherwise. At least 75 per cent of those who drink take their first drink under the parental eye and with parental blessing. All but 5 per cent of the parents drink, one fifth of them frequently.

Ninety-three per cent keep stocks of alcoholic beverages in the home. Commenting on this, leaders of the local P.T.A.—with 70,000 members—observed that too many parents yield to youthful pleas and leave home during teen-age parties, "forgetting, or not caring to remember, that the family liquor cabinet is well stocked."

Conclusions of this survey emphasize two points:

1. Parental law and example are more important in the matter of youth drinking than statutory law or any other outside influence.
2. Education for personal control of drinking must begin in and be channeled through the home.

Ted Collins well expresses it in *Tempo*: "There are two rules which have to be enforced strictly if juvenile delinquency is to be defeated: First, children must not be allowed to drink liquor, consort with bad companions, hang around in poolrooms or saloons, or stay out all night; second, parents must not be allowed to drink liquor, consort with bad companions, hang around in poolrooms or saloons, or stay out all night!"





**T**O US in New Hampshire the alcoholic is a person who requires expert care, counseling, and treatment, and, perhaps most important of all, understanding.

It is with this belief firmly entrenched in our thinking that our Division on Alcoholism, a unit of the New Hampshire State Department of Health, functions. It has a director, a layman, and psychiatric, medical, and social worker staff members, who operate an eight-bed unit adjacent to one of Concord's hospitals. We like to think, indeed we do think, that this approach to the problem is as up-to-date as any in the nation.

Let me discuss for a moment with you some statistical background so you may realize a little better my state's position as it pertains to alcohol and the problems arising therefrom.

The U.S. Census Bureau's latest figures place our population at about 555,000. Of this total, more than 6,000 New Hampshire residents are believed to be addicted to alcohol. It is further believed that there are more than 2,000 other individuals who are chronic drinkers. Considering the total population, this number of



## HOW ONE STATE IS MEETING ITS ALCOHOL PROBLEM

problem drinkers is in itself not alarming, but it is a situation that demands attention—and action.

The action began as far back as 1944, with the recognition that there was a problem of alcoholism in the state about which little was known and that there existed some reason to believe that it could be controlled.

When the 1945 session of the legislature convened, a bill was introduced to appoint a special two-year legislative commission to study alcoholism. Authority to recommend further legislation was requested for the proposed commission. The resolution was enacted, and a seven-man commission was appointed.

When the 1947 session of the legislature met, the special commission reported that alcoholism was a public health problem of such size that there should be established an alcohol-control program to carry on treatment, education, and further study. The interim group was convinced that the care and treatment of alcoholics as a part of a complete plan on alcoholism was a public responsibility. After considerable debate the law was passed creating a control program—our present-day Division.

Immediately the new commission faced the questions of how and where it should start its work. Without hesi-

**The 530,000 people living in New Hampshire look to their youthful governor, Hugh Gregg, as their vigorous and efficient leader in solving the myriad problems that face a growing state. One of the most difficult and persistent of these problems, that arising from the use of beverage alcohol, is being met by a carefully co-ordinated program of rehabilitation. This program was one of the first such projects in the United States and has been used as a pilot in establishing similar organizations in other states. "Listen" here presents its plan and progress as described by Governor Gregg.**

THIRD QUARTER

by **HUGH GREGG**  
Governor of New Hampshire



tation it chose the field of treatment with a portion of its time assigned to the area of education. A second decision was reached to limit treatment to the group of patients who were not too far advanced in their condition and for whom there was a prospect of maximum recovery.

Since the commission made its initial plans, the New Hampshire program has had to develop steadily. Its staff, its activities, and available facilities have had to increase and broaden. As a part of the state public health program today—where it was placed during the reorganization of the state government—it holds two clinics weekly, admits patients for hospitalization at its treatment center in Concord, accepts a limited number of court cases, carries on educational work through distributing literature, speaking engagements, and conferences, and participates in special studies about alcoholism.

The most recent and major addition to the Division's work is the inpatient service, which was opened on April 23, 1952. This service offers diagnosis and treatment of voluntary, nonpsychotic, nondeteriorated alcoholics with follow-up care through the Division's two outpatient clinics. The inpatient service is staffed by two part-time psychiatrists, seven part-time physicians, two full-time psychiatric social workers, and the necessary nursing, clerical, and maintenance personnel.

Since the opening of the inpatient service there have been 443 admissions and readmissions, who stayed an average period of nine days at a per capita cost of \$150.

This is the progress which the Division reports: Its expenditure of public money is offering increased hope to individuals who suffer from alcohol addiction, and it is offering also greater encouragement for the control and prevention of alcoholism through the application of prevalent concepts of alcoholism.

Although five and one-half years is too short a time to permit undue optimism about the control and prevention of a painful, persistent, complex condition like alcoholism, the demonstrable results which have been secured indicate the Division's progress. These results are the individuals who have completely or partially recovered and the observable change which has taken place in the public's attitude toward alcoholism. There is a growing group of citizens who are no longer afraid of this problem, who are not ignorant about it, who are not misinformed, who want help, and to whom help can be given.

And so you see how we, a state of hardheaded, realistic Yankees, we believe, have applied ourselves to still another problem in this modern civilization.

I wish to stress one more point with emphasis, and this is purely a personal point of view and has not had, nor does it now have, any bearing on the administration of our alcoholism program in New Hampshire. That point of view is strictly my own, although I know from conversations with others that it is shared to a large extent. I do not drink for the very basic and simple reason that I don't like it. This has never been an issue in my life, nor has it ever been one between myself and those with whom I associate. What they do is incontrovertibly a matter of their own concern.

I would like to conclude by saying that we in New Hampshire, where we have operated an Alcoholism Division with marked success, welcome any visitors who would desire to study our program.

# Make Your Mirage a Reality

B. COURSIN  
BLACK

T

HE road swept like a silver trail through the reddish sands of a Western state. Suddenly ahead of us appeared a magnificent vision: gleaming white towers, fairy castles, and luminous buildings reflected in the sky.

Some time later we arrived at the town—only an ordinary, everyday town it was.

All of us have plans and dreams of the fine things we are going to do. Maybe we want a little business of our own. Perhaps it is a camera trip through some wonderland of which we read. Or it may be those few acres we are going to buy in the country where we will find independence and happiness. Or a hundred and one other things—some long-range, others immediate.

Of course, it is good and right to plan, to dream. Without a vision there can be no reality. But sometimes we plan too carefully. Our goal becomes perfection in our minds. We feel that right now there is too much to do, so many things to finish before we can start. We must wait until we have completed other things, until we have the full time and effort free to devote to it. So the plan becomes a mirage in the heavens, a beautiful vision that gives us inspiration in the thinking about it; but it has no substance.

Sometimes a plan is so attractive that consideration of it takes the place of action. Since we are afraid to break the spell lest our efforts and hopes prove less than the dream, we stay in the dark valley of discontent and never try to scale the shining heights. "But wilt thou know, O vain man, that faith without works is dead?" We must *start* our project. We must begin making the glorious mirage a reality.

HENDERSON



## JERRY WELBOURN

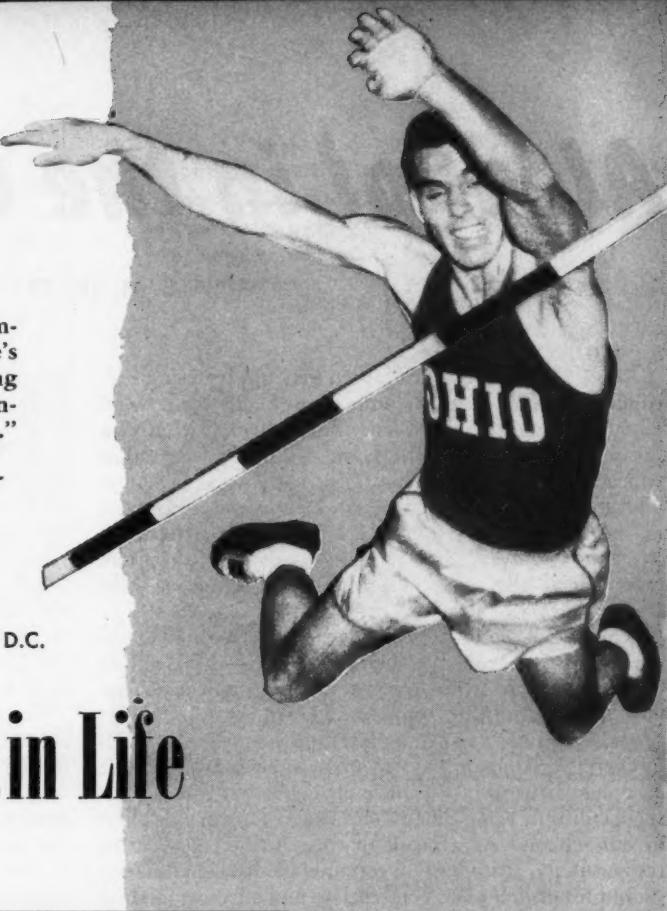
Jerry Welbourn, pole vaulter, formerly of Ohio State University, has tied in the Big Ten Championship twice: outdoor in 1952 and indoor in 1953. He also was the Penn and Drake relays pole vault champion and the Southern relays pole vault champion in 1952 and 1953. His 1954 accomplishments are highlighted by his victory in the *Evening Star* games, jumping 14 feet 8 inches.

"Smoking and drinking are definitely harmful physically. Besides this, they harm one's mental attitude toward sports and everything in life. If you want to reach the top, your interest must be concentrated on your work."

*Jerry Welbourn*

**Informal Opinions of 1954 Track Champions**  
Interviewed by RALPH KRUM at the Seventh  
Annual "Evening Star" Track Meet, Washington, D.C.

# Winning the Best in Life



## CONSTANCE DARNOWSKI

Constance Darnowski, of the German-American A.C., won the 1954 women's seventy-yard high hurdles in 9.8 seconds. In 1952 she was the women's national hurdles champion and a member of the Olympic hurdle team. Connie is working toward the Olympics in 1956.

"Personally I don't believe in drinking and smoking for girls. I sincerely believe that it would have injured me in any competitive sports if I had so indulged. I'm convinced that the best things in life can be achieved without these social practices."

*Connie Darnowski*

## LEONARD TRUEX

Winner of the 1954 mile race at the Philadelphia *Inquirer* track meet, and former Ohio State miler, Leonard Trux set a new meet record of 4:13.4 minutes at the 1954 *Evening Star* games in the one-mile run. Len is soon to enter the United States Air Force as a second lieutenant.

"If a young person will refrain from such habits as drinking and smoking, he will be better able to attain the highest goals. Success in sports and in life depends on it."

*Len Trux*

## MICHAEL AGOSTINI

Michael Agostini, sprinter and Villanova freshman from Trinidad, was a sensation on the 1954 indoor track circuit. In January he broke the meet record of the *Evening Star* games, running 100 yards in 9.6 seconds. This bettered by two tenths of a second the national record for this distance on an indoor track. He also won the eighty-yard dash and finished second in the seventy-yard dash. Mike has been running ever since he was nine years old.

"To achieve the best in life, you've got to give up what some people consider the better things of life. Personally I don't drink or smoke. I promised my parents I would set a new record, and I did it tonight on my nineteenth birthday. If I had indulged, I would not have been in shape."

*Michael Agostini*



# Alcohol in the Classroom

C. M. SELLERY, M.D.

Director, Health Services Branch  
Los Angeles City Board of Education

**A**UTHORITIES agree that the menace of alcoholism can only be overcome, or even alleviated, by an all-out program of education. This is true not only in the school, but also in the home. A program of adult education is needed, too, an all-out nationwide program. The adoption of the Eighteenth Amendment came about as the result of a hundred years of public education. We know that attitudes can be changed by education, especially if the conditioning process begins early in childhood.

Through scientific research we are accumulating information with regard to the cause of alcoholism and its effects on the individual physically, mentally, emotionally; its effects on the home, the family, the social structure of America; its relation to crime, to accident rates, to industrial production, and to many other aspects of the economic structure. We have an opportunity and a responsibility to bring all this information to the children in our schools. As a result of the carrying out of this responsibility, attitudes will certainly be developed which should result in a more constructive and effective method of dealing with this evil.

Among educators there are wide differences of opinion over the specific place of alcohol education in the curriculum. The consensus seems to be, however, that there will be no effective program of instruction about alcohol until all teachers recognize and accept their responsibility to participate in an integrated plan to which all areas of learning will offer some contribution.

No subject areas in the school program are extensive

enough to warrant assigning to them exclusively the study of alcohol. Health education is the responsibility of all teachers. If every teacher is not a health educator, it is a sad loss to the schools of our nation. So, when I speak of health education, I am thinking of every classroom teacher. I am thinking of every principal, every superintendent, every counselor, every attendance supervisor, every school nurse, every school doctor. We are all health educators if we are worth our salt, if we are doing our job. All teachers and subjects, therefore, can make an effective contribution to the development of constructive habits and attitudes toward alcohol on the part of students.

Some educators are of the opinion that the general characteristics of the community and the awareness of the feelings of its citizens regarding the question of alcohol will influence methods and instructional procedures. I presume they mean by that, not that we are going to pull our punches, but that we are going to present the facts in a scientific and unemotional manner. I must say it is difficult for me as a teacher not to get somewhat emotional about a problem that is such a serious one in terms of the tragedy which it brings to so many. If you have the factual data, and if you have the consecrated, inspired teacher behind that data, you're going to have emotion that is a driving dynamic force without being maudlin.

The program obviously must be geared to the maturity of the pupils, and will differ at the various levels. At the lower elementary level it will be confined to such simple instruction as defining drinks

(Turn to page 30.)

The teacher can make an effective contribution to the development of constructive habits and attitudes toward alcohol on the part of students.



BLACK STAR

LISTEN, 1954

THE word "religion" comes from *religio*, "I am bound," or, "I have a sense of responsibility." This conception of the role of religion is made up of many component parts. First is the sanctity of the human body. That is a religious concept. The body is the temple of the Holy Ghost. God dwells there. That is simple religious philosophy, which leads a man to realize that his body is simply a rented dwelling.

Therefore I cannot allow this body of mine to fall into ill repair, nor can I, without giving an account to God, indulge in acts and habits that damage or demolish it. I can't do just anything I want to with my body. That, of course, will bring me to look at every one of my habits. I am forced by my religion to ask: What is this doing to me physically? Is it impairing my abilities? Does it allow me to give to God and society 100 per cent of my abilities?

In the second place, my body is dedicated to the service of God and humanity. Immediately, then, I find that the physical affects the spiritual. To knowledge I must add temperance. I must be temperate in all my habits. This brings me face to face with what Dr. Eugene Lyman Eek, who is the actuary for the records of forty-two American insurance companies, says, "The life expectancy of drinkers is from ten to twelve years shorter than that of abstainers." I don't want to dodge that fact. If I am an habitual drinker, I am truncating my service to God and humanity. My religion reminds me of a moral

"Magnetic north" is needed in solving this great problem, says a noted churchman.



LOUIS H. EVANS, D.D.

Minister-at-Large, the Presbyterian Church; Former Pastor, First Presbyterian Church, Hollywood

## Religion's Role in the Prevention of Alcoholism

obligation to deliver with longevity, as well as with physical power, the best of my talents to God and society. So I can't get by with suicide by degrees.

Here is another consideration: The sanctity of the human body passes on to the sanctity of the lives of other people. When I consider that 51 per cent of all the deaths and slaughter on the highways have to do with drinking, I am faced with the fact that I am supporting an institution that slaughters 51 per cent of the people who die on the highways! If the church is a fellowship of people who care, I can't dodge those facts; I am held to them.

May I bring in a word here that the modern world doesn't use any more? You can always judge any generation by its vocabulary, the words it takes on and the words it eliminates. This is the word: S-I-N. May I suggest that there might be such a thing?

We are living in a very subtle age when everything is excused, when man's moral responsibility has come to a low ebb. Whenever man does anything wrong, there are several defense attorneys who immediately leap to his defense to bring down the verdict Not guilty. One of these might be the eugenist, who says, "It is the pressure of society and the mores of the crowd." I'll admit that is one factor. Or the eugenist, who says, "It's my blood,

heredity." I'll admit that is an element. Or there is sometimes the educational theory that civilization is young, and when it grows up it won't be doing these things any more; all we need is time. The concentration camps of Dachau and Buchenwald show us that we need something more than time. We can't just wait around.

Others say, "Sin is the doctor's sphere." Not all doctors believe this any more than educators believe the other theories. It is a half truth, that sin is anatomical, that people do wrong because they are sick. If it were all true, I would feel much better about myself. Certainly there are anatomical reasons for wrong, but not always. We cannot excuse a man merely on that basis. There come times when I do wrong, yet feel very, very healthy, and my pulse is O.K. Behaviorism says that man is a machine; when a piano strikes a discord, don't blame the piano, for the fingers of impulse sound a discord which some call wrong—we are not to blame. In a society such as the one we dwell in, this theory says the fingers of impulses and urges play upon the keys, and we are only a keyboard of strings, so that when we strike a discord that some call sin, don't worry about that, for it is perfectly normal.

By the time these defense attorneys are through, no

# A Song for His Heart

Maryan B. Wilkinson

"WHERE did he pick that up?" George exploded as he banged his glass down on the table and looked across at me.

Our little son had just given forth with a song extolling "wonderful, wonderful beer."

Then we remembered that we had half heard such a ditty on the radio a moment before.

"It's sort of adhesive," I observed, "once you get it on your mind."

George dropped the subject quickly, with something about as decisive as, "Oh, well." That was that.

However, the memory of that little voice singing, "wonderful, wonderful beer" was hard to get rid of. Our son's favorite song has always been "Happy, Happy Home," with "Jesus Loves Me," a close second. We had always thought that what he sang about, he would associate with happy feelings and learn to love. Could it be that he might pick up a friendly attitude toward just anything he might sing about?

"Could he get a 'conditioning' toward beer by singing about it?" I kept asking myself. "Would it be as easy to teach him the real truth about alcohol while he sings its praises?"

Maybe I was straining at a gnat. Maybe youngsters can sing about everything from the nativity to marijuana without being conditioned one way or the other.

Brewers are smart enough to buy results with their advertising dollars, results that they can measure in terms of higher sales, a broader market, relaxing public opinion. As long as their songs are on the air, they bring benefits to the industry. Otherwise they wouldn't be there long.

We've thought it over, and we don't want what those songs are bringing into our family. Even the little that they wear away of our concepts of purity and manliness we can't afford.

We have no over-all solution to offer, but for us it is fairly simple. We now get out the hymnbook more often, and turn the radio on less. Our little boy has forgotten the beer song; he hasn't learned any new ones, either.

Yesterday I heard him singing as he went tricycling down the driveway. What I heard was, "And He walks with me, and He talks with me, and He tells me I am His own."

I felt like singing, too. It's a singing feeling when you've given your boy a song for his heart.

one has any sense that he has moral responsibility. One of the tasks of religion is to tell men that they have a moral responsibility to God and man. Don't tell me that the church is heartless when it says that. The church has built more hospitals than any other institution in the world, and it will go on doing it. And \$93 out of every \$100 given for all philanthropy in the salvage of humanity come from church people, though only half of Americans are members of churches.

I know that alcoholism is a sickness, and I think religion ought to urge us to build more and more clinics and more and more hospitals. It is a desperate black spot on us that we have not already done this. Let's remember that alcoholism is more widespread now than tuberculosis or even cancer. Alcoholism is a sickness, but that is not all it is. It is a sin, too. I am going to keep on saying that. Christ once said that no drunkard shall ever enter the kingdom of God. He never said that about a tubercular person, because tuberculosis is merely a sickness. He never said that about a cancerous person, because cancer is merely a sickness. But He did say that about alcoholism, because alcoholism is not only a sickness, but also a sin. Alcoholism is a sickness, but it is contracted through tragic moral failure and lack of self-control. The moment we excuse people because they can't control themselves we have suffered a bad moral disintegration. Alcoholism now in the average person is no more important than having a cold, and all that person has to do is to blow his nose. We must come back to a sense of moral responsibility.

Another factor in the role of religion is that religion offers a new environment. We all are subject to the mores of the crowd. Drinking is a defense mechanism, helped by certain social pressures. You and I know that. It is sometimes done for social reasons in the beginning. People want to be brilliant, and this seems to be a short cut to brilliance, in conversation. You have heard the explanation of the cocktail drinker. The party starts out very dry and dull. The drinker takes one cocktail, a second, and he becomes delightfully descriptive; his tongue is on ball bearings. Another cocktail, and he becomes disgustingly degrading in his speech. Still another, and he becomes dolorously doleful, and finally dead drunk. This is the progression, often the result of social pressure. Let's not snap our finger at it, for social conformity is basic in the minds of men. We want the applause of others.

One man said to another, "You think I need the fellowship of religion in the church?" The man questioned did not say anything; he merely took the tongs from beside the hearth, reached in, and took out a live, glowing coal. As he held it over to one side, they watched the fire die out. Now that is a chemical, a physical law. You can't change it. No coal ever keeps its fire alone. Neither do you, neither do I. That is what God means by "the fellowship of saints." He has told us not to forsake the assembling of ourselves together, that we may edify one another and keep ourselves warm. That is one of the fundamental principles of Alcoholics Anonymous. It is the warmth of the pack that helps save, the fact that there are other people who care. When men climb the Alps, they tie a rope from one waist to another so that if one man slips, the others can pull (Turn to page 32.)

Part of the honor of being Miss America is a strenuous year of personal appearances in all parts of the nation. However, Evelyn Ay, this year's queen, added a tour through Europe to an already crowded schedule.

When visiting Germany, her parents' native land, she attended a special reception in her honor at Munich. As foaming steins of Bavarian brew were passed around, she declined. "Sorry," she said, "but I drink milk." She showed her heritage in a more commendable way than drinking when she spoke and conversed in fluent German.

The 1954 winner, from Ephrata, Pennsylvania, has been acclaimed as a new type of Miss America, one whose personality and inherent beauty are "naturals" in a typical all-round girl. She is not the kind who seeks beauty crowns; she came by her

## MISS AMERICA, 1954

title only through the urging of friends that she enter, first, the local contests and then, in turn, state and national competition.

Miss Ay neither drinks nor smokes. In this way she continues the lengthening roll of Miss America winners who find their truest enjoyment in better things. She can sew and cook. Her primary interest, in spite of the busy round of activity this year, is in studying to be a medical technician with a long-range view of applying that knowledge to helping people "in such a country as India."



The time to begin a hobby which may last is teen time, for hobbies begun during teen-age years are likely to stick. Not only that, they are usually the kind to lead to a vocational or professional interest. From the beginning they may even be financially profitable.

Most important, though, is the fact that teen-agers are the most emotional, most sensitive, of all age groups. Proper diversion and activity during this period offset the dangers consequent on having too much free time. Give the teen-age boy a hobby, and not only does it take him away from less rewarding if not intrinsically harmful pursuits, but it actually stimulates and makes him happier.



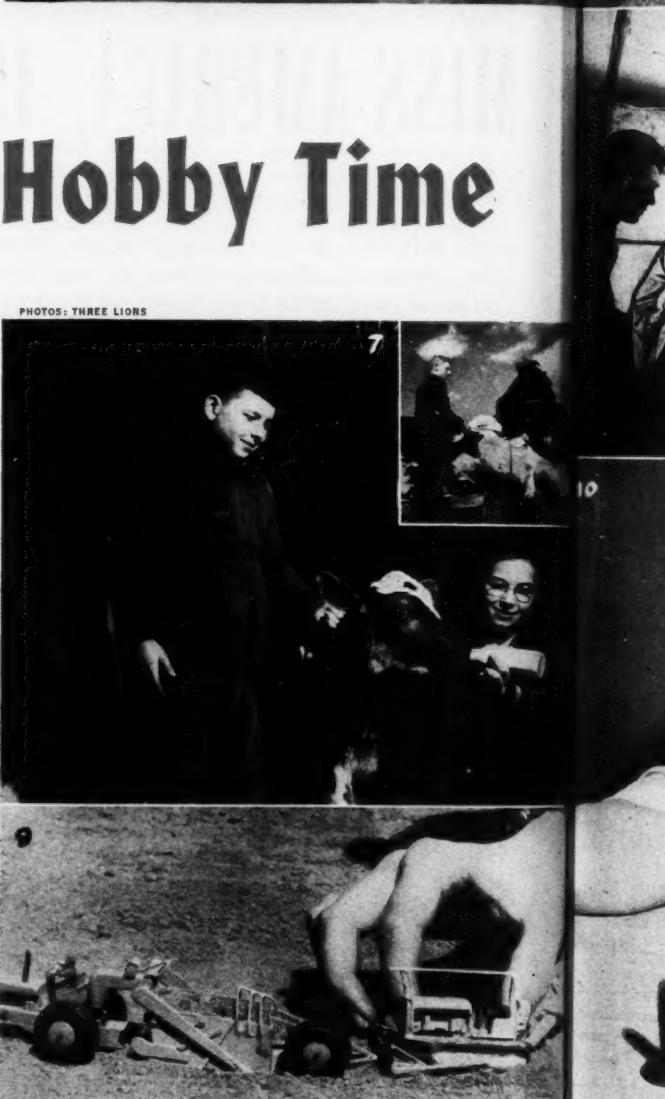
## Teen Time is Hobby Time

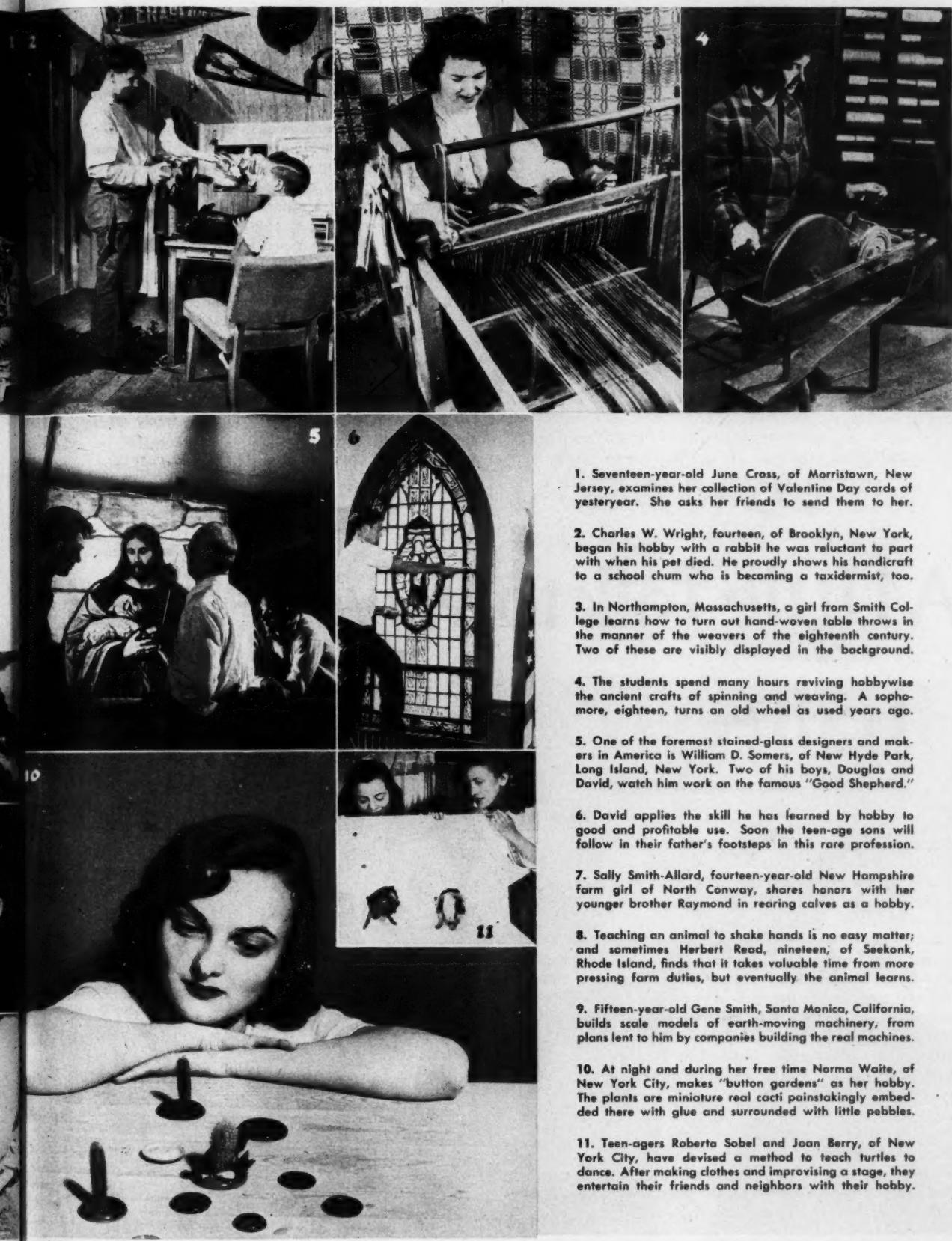
No matter what, he will take pride in his hobby; and this pride is one of the essential elements he needs during his formative years.

Hobbies may range from constructive building to sentimental collecting. Boys tend to make; girls, to collect. But there are exceptions, and no hard rule can be set.

By the time he or she is fourteen years old, the teen-ager should have a definite interest. There is something lacking in the young person who has not accumulated in one corner of his bedroom or in the basement some weird apparatus, some strange collection, or some baffling paraphernalia with which to pursue his natural interests.

Woe to the parent who discourages this bent merely for personal reasons or for "good housekeeping." Baffle the hobby, and spoil the child.





1. Seventeen-year-old June Cross, of Morristown, New Jersey, examines her collection of Valentine Day cards of yesteryear. She asks her friends to send them to her.

2. Charles W. Wright, fourteen, of Brooklyn, New York, began his hobby with a rabbit he was reluctant to part with when his pet died. He proudly shows his handicraft to a school chum who is becoming a taxidermist, too.

3. In Northampton, Massachusetts, a girl from Smith College learns how to turn out hand-woven table throws in the manner of the weavers of the eighteenth century. Two of these are visibly displayed in the background.

4. The students spend many hours reviving hobbywise the ancient crafts of spinning and weaving. A sophomore, eighteen, turns an old wheel as used years ago.

5. One of the foremost stained-glass designers and makers in America is William D. Somers, of New Hyde Park, Long Island, New York. Two of his boys, Douglas and David, watch him work on the famous "Good Shepherd."

6. David applies the skill he has learned by hobby to good and profitable use. Soon the teen-age sons will follow in their father's footsteps in this rare profession.

7. Sally Smith-Allard, fourteen-year-old New Hampshire farm girl of North Conway, shares honors with her younger brother Raymond in rearing calves as a hobby.

8. Teaching an animal to shake hands is no easy matter; and sometimes Herbert Read, nineteen, of Seekonk, Rhode Island, finds that it takes valuable time from more pressing farm duties, but eventually the animal learns.

9. Fifteen-year-old Gene Smith, Santa Monica, California, builds scale models of earth-moving machinery, from plans lent to him by companies building the real machines.

10. At night and during her free time Norma Waite, of New York City, makes "button gardens" as her hobby. The plants are miniature real cacti painstakingly embedded there with glue and surrounded with little pebbles.

11. Teen-agers Roberta Sobel and Joan Berry, of New York City, have devised a method to teach turtles to dance. After making clothes and improvising a stage, they entertain their friends and neighbors with their hobby.

**T**HIS article is primarily intended for wives, but in case a husband reads it, it may help him to see himself as others see him.

I ask you, as a wife, Do you know what kind of person this is to whom you are married?

In spite of your husband's being a he-man in stature and appearance, the chances are that he has some traits of personality which he has carried over from his boyhood. Admittedly he has matured a great deal since he was a boy, but even so there are times when he reverts to his boyish reactions. Take, for example, his resentment of nagging. It is natural for a man to be sensitive about nagging, but to understand why, we will have to unravel part of his childhood.

Picturing your husband at the time he was a typical boy of about twelve years, we find him trying to emancipate himself from his mother's watchcare. Earlier in life he had been content to allow his mother to tell him what to do, provided she did not call him home from the ball game or deny him a chance to go swimming. But by the time he reached the age of twelve he had become resentful of his mother's constant interest in him. He still enjoyed the meals that she prepared. He expected her to continue

mother? One reason is that his mother stood as a symbol of his childhood home. As he approached the years of his youth and welcomed every evidence of approaching manhood, he began to realize that soon he would be a man and would be independent of his childhood home. Thus in order to take full advantage of every evidence of this approaching manhood, he wanted to be freed from those things that reminded him that he was still a child.

Then there was another reason. Actually a twelve-year-old boy has no hatred for his mother. In case of need, he would be the first one to come to her rescue. He still loves his mother, but only in that peculiar way that boys of twelve can manifest love.

At that age a boy begins to picture himself as an individual in his own right. He feels that he is coming into his own as a person. However, as his voice deepens and a few stray whiskers appear on the skin of his face, he becomes a little sensitive. He is proud that he is coming into manhood—very proud, in fact—but he is not quite sure of himself in his new-found role.

During early childhood he had mingled freely with boys and girls of his own age. Even then he was glad he was not a girl, but only as he (Turn to page 34.)

# A Little Talk to Wives About HUSBANDS

to tidy up his room even though he blamed her every time he could not find something he wanted. He was also glad to have her mend his clothes and do other motherly acts. But his only appreciation was in gestures and grunts rather than in words.

At this age of twelve and for a few years thereafter, he did not care to be seen in his mother's company when away from home. He would do errands for her, but wanted it understood that such services were strictly business matters. If perchance she happened by the schoolyard during recess, he did not want her to notice him. If she happened to call him over to give him some message, he became fearful lest the boys would taunt him by reminding him of "apron strings" and "skirts."

At this period of his life your husband did not want his mother to make suggestions or to give him counsel. He was approaching manhood; and, to his way of thinking, the worst calamity that could overtake him would be to possess any of those traits which the boys included under the term of "sissy."

Why did your husband develop this resentment of his

HAROLD  
SHRYOCK,  
M.D.



"9

LOVED the common people; but, stop to think of it, I loved everyone."

This is the everyday philosophy of Vladimir Elin, eminent Russian-born baritone, expressed as he became a political refugee from his native land, then going through the throes of revolution.

His has been a varied, adventurous career that has taken him around the world. Until the fickle winds of government change forced him from the Grand Opera House, he was the favorite of the listening audience there as he played Prince Igor. In the Orient his singing inspired people of many nationalities. At Manila he paused long enough to direct the voice department of the Conservatorium of Music for a time. His concert and opera appearances in Australia were acclaimed by lovers of the finest in music.

"I was born of simple, humble parentage," Mr. Elin says, "a church-loving, music-loving family. Many times do I remember kneeling in church with my frail, delicate mother, praying for the guidance of her country, and me, her son, that I would be blessed with courage to do the right thing when faced with the problem of deciding whether to remain true to my God."

One has only to hear him sing Mallotte's "The Lord's Prayer" to realize more fully the importance of the decision he made. A beautiful song, sung from a beautiful soul.

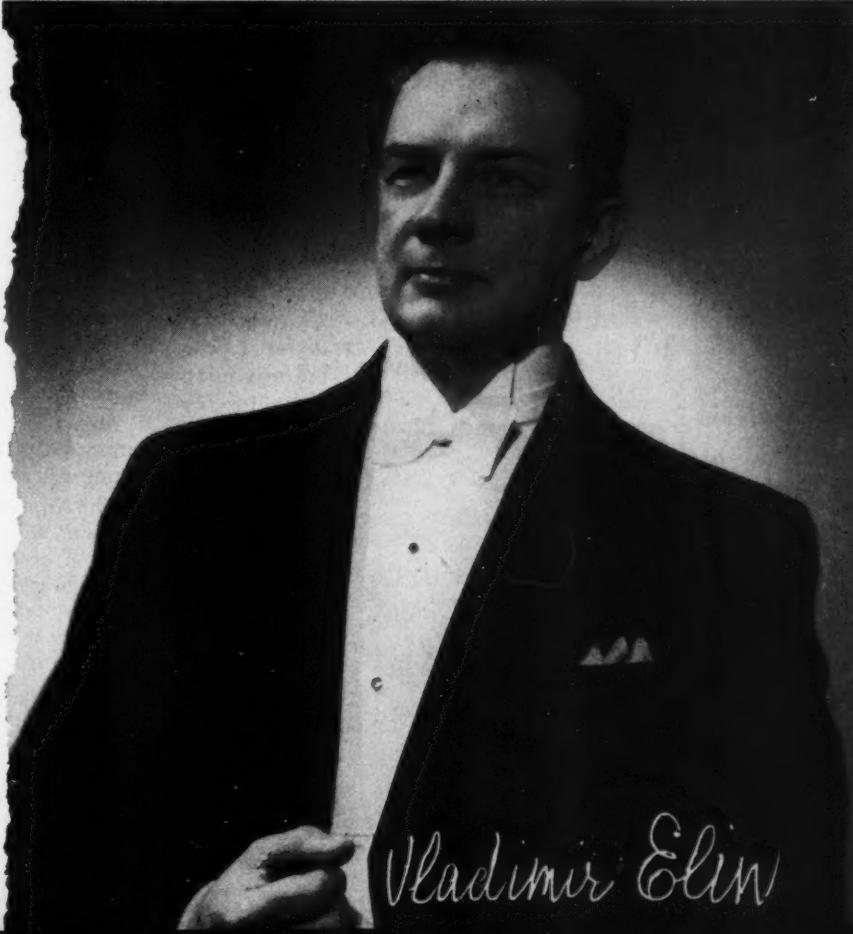
"You know," Mr. Elin asserts, "the fact that we are here in America today is a living testimony of obedience to right principles." And he goes on to explain that he uses neither alcohol nor tobacco in his personal habits. Nor does his wife, the famous Australian violinist, Ray Fox. They are living examples of these virtues of better living in both their professional and their social life.



Interview by  
Christine True

# Vladimir Elin

PHOTOS: JAMES ABRECH



Vladimir Elin



# "Just a Follower"



HELMER O.  
OLESON

A Firsthand Story of  
the Narcotics Menace

I was  
completely  
hooked and  
unable to  
stop.



"**A** GOOD friend invited me over to his house one night. There I found six or seven other young folks. My friend told me to sniff some powder, said it would give me a real thrill, that I'd get a kick out of it. He made me feel as if I were doing something exciting. I felt that if I did not go along with him, the others would think I was 'chicken' or a 'square.' When I took a sniff, we all laughed, and it seemed good fun. I kept coming back, and soon I took the needle. In a short time I was completely hooked and unable to stop."

As a social worker for more than twenty-five years in New York, I have had many such personal interviews with drug users, young and old, and have observed with dismay and apprehension the growing number of youthful victims.

This deadly contagion is spreading through streets of our cities, infecting hundreds of teen-agers, claiming more and more unsuspecting victims. Opiates, such as morphine, heroin, and codeine, in some metropolitan areas are becoming as common as tobacco and soft drinks. The 1951 report of the New York City mayor's committee, basing its estimate on the number of arrests of narcotic peddlers, reported that there were 90,000 addicts in New York City. Another report announced that drug addiction among teen-agers was up 300 per cent. An alarming increase in younger addicts was found as early as 1949 by the United States Bureau of Narcotics. This was definitely something new in the world of criminology: thousands of teen-agers addicted to narcotic drugs!

Many of these unfortunates are themselves highly disturbed about the habit. Often they are desperate in the desire to overcome the addiction which has made them physically ill, emotionally and psychologically unstable, maladjusted, and helpless. When they took their first shot or injection, they pooh-poohed the idea that they would ever become slaves to a narcotic demon.

Teen-age addicts usually begin using narcotics at a party or in other groups. First comes marijuana, smoked in cigarette form; then is added heroin, generally sniffed at the outset, later injected under the skin (by the "skin poppers") or used intravenously by injection into the veins, or "main stem." Some youths call these early narcotic get-togethers "knitting parties," where they can get "needled." Police raids on such parties net many arrests, and much paraphernalia such as hypodermic needles, or even safety pins, bent spoons in which heroin is melted, dextrose for diluting purposes, and the narcotic itself. The room in which the party is held is frequently spattered with blood as the result of mass injections.

Many teen-agers say that in a group they are less tormented by a sense of guilt or foreboding. A social setting alleviates an initiate's fearfulness and anxiety.

The habitual narcotics user wants to gain converts to his habit, to introduce them to the "pleasures" of marijuana or heroin. I asked one addict why so many users of heroin try to persuade others to join them even after they have found the habit to be enslaving and dangerous. "I guess it makes me feel less guilty," he responded, "and I suppose it is that misery loves company."

The drug peddler tries to snare young victims or initiates, to provide a larger market for his poisonous wares, and increase his

(Turn to page 31.)

LISTEN, 1954

# School of Distinction



One of the most serious problems facing our schools today is social drinking among teenagers. Fortunately, in Coral Gables High we have a very large number of students who know that drinking is not necessary for success. We do not have a drinking problem, and I attribute our good fortune to the philosophy and example set by the 650 active members of our Allied Youth Post.

Harry W. Rath  
Principal  
*H. Rath*



Coral Gables Senior High School, on the sunny east coast of Florida, has an enrollment of 2,735 pupils in the ninth through the twelfth grades. Located in a residential suburban community, the school offers a broad curriculum, preparing students for both business and college.

The "School of Distinction," as it is known, has been visited by educators from all over the world because of its outstanding academic achievements, its strong guidance program, its exceptional facilities for band and chorus, and its well-equipped art, commercial, science, industrial arts, and homemaking departments.

At Coral Gables, drinking is largely in the "no-go" category. To find the reason, at a time when teen-age drinking is on the increase, "Listen" asked Mrs. R. E. Johnston, Social Studies head, to sample school opinion. The resulting interviews reveal a vigorous program of positive activities sponsored alike by students and teachers that relegates alcohol to the realm of the unneeded and the unwanted.

# CORAL GABLES



## School of Distinction Training to WIN

**WILLIAM BURRELL:** Swim Coach

Rule 1 for my champions and coming champions is to train to perfection in order to win. Paramount in training is absolute abstinence from tobacco and alcohol. You will see by our records that such training pays off in results.

**ELLEN FLANNERY:** Editor, "Cavaleon"

For me, alcohol will never be the cause of the loss of my "inhibitors," senses, or life. It will never have the chance. We teenagers don't need an artificial stimulant. To me it is idiotic and childish to believe you can obtain respect and popularity by drinking. You can't.

**MARTHA JARVIS:** President, Allied Youth

Naturally, if we are normal, the problem of drinking will face us sometime during our lives. First, we can begin to solve this problem by carefully choosing our friends. Next, when we are asked to take a drink, things work out much better if we don't assume a reformer's air. So why not say, "Oh, a soda will be fine for me, thanks."

The actual decision on drinking must come as a result of mature thinking. The answer to the question, "Will you have a drink?" is not to be found in any book or piece of written material, but the answer remains with—YOU.

**NINA KOGER:**

Promotion Manager,  
"Cavaleon"

Anyone can have fun without drinking. Years ago it was only the adults who drank, but now many teen-agers drink regularly. If there were any benefit in drinking, I think it would be perfectly logical to drink, but I have yet to see any such benefit.



**BILL WEAVER:** President, Senior Class

When a person is content to go along with the crowd to gain popularity or acceptance, he is losing his individuality. As long as we are free to use our basic talents and ideas, we have the chance of success; that success can be accomplished without the use of alcohol.

**ELIZABETH MOTT:** Director, Student Activities

I will not listen to people who say that our young leaders today do not have high ideals. In spite of the fact that the Miami area has more than 3,500 licensed saloons, many of which serve minors without questioning their ages, our choice teen-agers are more interested in wholesome recreational activities than they are in making the rounds of the night clubs.



### BILL STACK: President, Student Council

I am of the firm conviction that it is necessary at all times for a leader to maintain the respect of those whom he leads. I therefore cannot see how a person can drink and still be a leader. Drinking not only lessens one's self-respect, but also greatly lessens one's physical and mental potential.

It is truly enlightening to look around our campus to find that our school leaders are students who do not drink alcoholic beverages. The same is true of our outstanding athletes. This effectively illustrates the fact that one does not have to drink to be popular. ▶



### MRS. CHRIS STEERS: Journalism Instructor

It is evident that our leaders have adopted a way of living that indicates that it is smart not to drink.

Many of our students come from homes of rather liberal social viewpoint. But as the years have rolled on, Allied Youth has made itself felt more and more, until today it includes our real leaders.

Because of this fact the tone of our student organization has been rapidly swerved to an outlook that frowns on drinking either at school functions or by students attending out-of-school functions. ▶



### ANN HOWARD SPAULDING: Editor, "High Lights"

I can't help shrinking from a bottle of "artificial personality." I wish to be loved—or hated—on my own merits alone. I'm much too conceited to let some unknown chemist map out my future.

Both the dangers and unhappiness which result from drinking are a few of my reasons for wanting to avoid the usual semi-conscious stupor which inevitably accompanies it.

High school and the rest of my nearly eighteen fun-packed years have been wonderful. In acquiring a philosophy of life I've discovered my best friends are those who accept me for what I am—not as to whether I eat spinach or licorice each day for an appetizer.

In order to be accepted one needn't drink, so why should I? ▶



the individual's ability to recognize, understand, and evaluate.

Combined with the educational program is a well-rounded social program. Nor is this all. The students have a speakers' bureau, preparing students to appear in churches, schools, women's clubs, civic groups, ministerial associations, P.T.A.'s, and others.

Allied Youth is not the final nor the only answer to the alcohol education program in our schools, but it certainly is helping teen-agers realize that they are facing a problem and what can be done about it.

Mrs. Ruth Johnston,  
Social Studies Department.



### LEE A. ABER: Science Instructor

Many individuals have taken up the filthy and expensive habit of smoking. Many drink alcoholic beverages. Others have become addicted to drugs. These habits have been caused because of a dare, or because the person thought it would make him feel important and grown up. They were started in a mild way—just one would do no harm; Joe and Mary do it; many adults do it, and apparently no harm is done.

How many of those individuals have said in the beginning that the habit would never get them? How many of them have had just as strong a will as you? Do you have such a strong will power that you can stop something that you have been doing for some time? We may think that we have, but so did all the alcoholics and the dope addicts when they started. If we must follow the leader, why not follow the leader with the good habits? ▶



### A Positive Approach

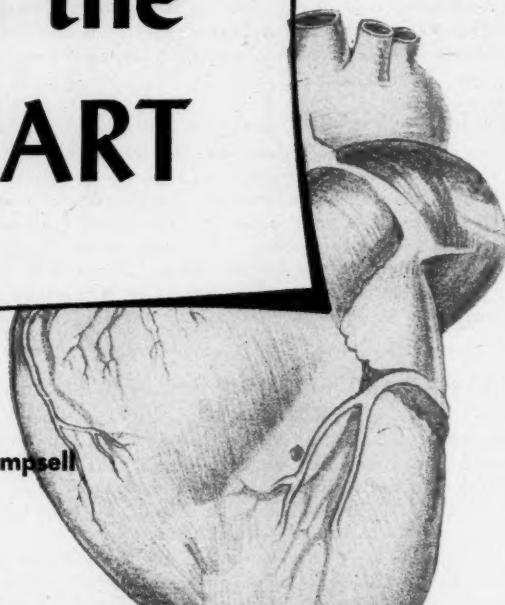
Organized in 1947, Allied Youth now has 650 members at Coral Gables. In its biweekly meetings, the Post sponsors a definite alcohol education program. The objective is not choosing for the student what is right or wrong about drinking, but helping him reach his own decision in the light of what he learns.

The purpose is to give scientific facts and make known the dangers rather than to dictate. Methods are used that will stimulate thinking on the part of the students and encourage action as a result of belief. In this way the emphasis is being placed on



# Rx for the HEART

Browne Sampson



"**W**HAT'S on your mind to-night, honey?" John Kent asked Constance, his teen-age daughter, across the table. "Something wrong with the dessert?"

"No, indeed," she answered. "Mother's lemon pie was just perfect. It's just that—" and dejection was plainly audible in her soft voice—"w-e-ll, daddy, I lost an argument with Andy Warner today."

"And who is Andy Warner?" Mr. Kent quizzed.

"He is that nice new boy who has been walking me home from school. Andy is simply super in about everything, daddy, but I hate for him to be a champion of alcohol." She fastened solemn big brown eyes on her father's face. "He's not exactly a champion. He doesn't go for social drinking and the like, but he is sold on the idea that whisky is a valuable medicine. He thinks it nothing short of murder not to keep some brandy in the house in case someone takes sick suddenly or is hurt in an accident. I tried to convince him that alcohol actually is a poison, but he just laughs at me and says that I am living back in the horse-and-buggy days."

"I lived in those horse-and-buggy days that Andy has only heard about," commented Grandfather Kent who had listened with marked interest to the conversation. "And, believe me, Con-

nie, there is nothing modern about the notion that alcohol has medicinal value. In my young days doctors prescribed a toddy for about every ailment, real or imaginary. I remember when sister Rebecca's lungs began to give her trouble that our doctor prescribed cod-liver oil and whisky—claimed that the two would make new lungs for her."

"And was she cured?" Constance was anxious to know.

"I should say not. The poor girl was gone in a few months—'galloping consumption' it is called. The truth is that the doctors fought a losing battle with t.b. until they learned that fresh air, rest, and nourishing diet were the things that would arrest it. Incidentally, whisky never to my knowledge has really helped a case of pneumonia or snake bite, though it was the accepted remedy for both in my youth."

"But, grandfather, Andy insists that whisky saved his mother's life when she had an attack of angina pectoris last Thursday night."

"Could be, but I doubt it. What do you think, John?"

"The alcohol probably did save her by stopping the pain. Alcohol acts as a sedative in such cases. It gives temporary relief; that is all. You see, Connie, the severe stabbing pain that characterizes angina is nature's warning to slow down. So if an angina patient lets the temporary relief that whisky gives him

deceive him into believing that he can work just as hard as he did before he had the attack, he is laying up sudden death for himself.

"There was a time," Mr. Kent continued, "when doctors believed that a small amount of alcohol would prevent or stop an attack of angina by dilating the coronary arteries that carry blood to the heart. To test this theory, they gave a group of angina patients from one to two ounces of alcohol from five to thirty minutes before they took some exercise, after which they made electrical recordings of their heart action."

"And what did the tests show?" Constance leaned forward eagerly in her chair.

"Not what they expected. The graphs or pictures," Mr. Kent explained, "revealed conclusively that alcohol does not dilate the arteries that lead to the heart when the heart is under tension as in an attack of angina. Further studies proved that nitroglycerin and papaverine do increase the blood supply to the heart during attacks of angina. All modern heart specialists prescribe these drugs for angina pectoris."

"You might tell Andy," suggested Mrs. Kent, "to persuade his mother to get a doctor to give her a prescription for nitroglycerin. All angina sufferers that I know carry a box of these little white pills with them wherever they go, ready to use in an emergency, for the angina pain strikes suddenly, usually without warning."

"That is a great idea, mother," Constance beamed. "Andy's father is dead, and Andy is an only child, so his mother is all the world to him. I cannot blame him for thinking that alcohol is a good medicine if it seemingly cured his mother of a heart attack. But do good doctors today prescribe whisky as they did years back?"

"No," agreed Mr. Kent. "As a matter of fact, about all they use alcohol for now is to dissolve certain drugs like tincture of iodine. To call alcohol a medicine is a misnomer, unless you modify it with an adjective like *bad*."

"Doctors know much more about the effects of alcohol on the human body than they did in my youth," said Grandfather Kent. "They have discovered that whisky permanently damages the liver and the kidneys, aggravates stomach ulcers, and upsets the nervous system. So if young Andy sounds off again about the medicinal properties of alcohol, ask him why athletes don't use it to increase their strength when they train for endurance contests. 'Make "No Alcohol" Your No. 1 Rule,' is the order of John Bunn, basketball coach and director of athletics at Springfield College."

(Turn to page 28.)

**D**OCTOR ANDERSON, do you as a practicing physician consider that alcohol is useful as a medicine?

Yes, it is an excellent medication when used externally on the skin. It kills bacteria and removes dead cells. It helps to prevent infection. Furthermore, it is useful in helping to dissolve certain difficult substances that we need in medicine.

*What is alcohol's effect when it is taken inside the human body?*

Alcohol is highly irritating to the body when taken internally. You can easily prove this by putting a little drop of it into your eye! Alcohol burns the mucous membrane of the body. This is the inner lining of such or-

# The Doctor Looks at Alcohol

**"Listen's" Editor Interviews**

**Clifford R. Anderson, M.D., Washington, D.C.**

gans as the stomach and the intestines.

• I heard of a doctor not long ago who suggested that his patients take a couple of highballs before dinner. What do you think of that?

I presume, Mr. Soper, that this doctor was probably trying to treat a patient who was rather tense and nervous.

• Yes, he was a businessman who lived under a great deal of pressure.

And the doctor was suggesting that alcohol would relieve that nervous tension, I suppose?

• Yes, that seemed to be the reason for the highballs.

As a physician I treat a great many people who are tense and nervous. Yet out of many thousands I have never once suggested the use of alcohol as a means of controlling nervous tension. Many of my patients are business executives. Some of them live under a great deal of tension because of the pressures of competition today. So far I have never yet found it necessary to use alcohol to help them. In fact, I advise every nervous person to stay as far away from alcohol as he can.

• Why do you do that, doctor?

Because a person who is nervous today is likely to be nervous tomorrow. He is also likely to be somewhat nervous next year. Consequently, anything that becomes a habit with him should be a habit that will help him control his nerves. It certainly should not tend to make him more nervous.

• Does alcohol itself tend to make a person nervous?

Yes, in many cases it does.

• Why does it do this?

Because alcohol is a drug. Regardless of whatever else it may be, we must recognize that alcohol is a drug. The medical profession lists alcohol with sedatives and narcotics.

• Don't some people claim that alcohol is a stimulant?

Yes, but this is not true. Alcohol is never a stimulant, except that it temporarily releases inhibitions. That is the only reason why people use it as a beverage. Alcohol actually depresses the central nervous system.

• What do you mean by "the central nervous system"?

As you know, Mr. Soper, every portion of the body has feeling. In other words, it is filled with tiny little nerves running to each organ and to each part. Even the tiny blood vessels that are too small for the eye to see are supplied with two opposing sets of nerves. There are untold millions of nerve cells in the body. All of these nerve cells are connected in some way with the brain, which is the center of all thought, feeling, and activity.

• Is the brain affected by alcohol?

Yes, very definitely it is.

• In what way is it affected?

Alcohol depresses the highest centers of intelligence. This is the same reaction that occurs with any type of sedative or narcotic drug. Alcohol numbs the senses and dulls our perceptions. This is the same thing that happens when we are given an anesthetic



REVIEW PICTURES

during surgery. In fact, alcohol was used as an anesthetic for centuries, because of its depressing effect upon the brain.

• Would you say that alcohol is a good anesthetic, doctor?

No, we do not regard alcohol as a good anesthetic these days. There are much better substances. The alcohol finds its way into the very nerve cells themselves, and there it brings about changes in physiology which, if continued for a long time, may eventually destroy some of those cells and break down the health of the body.

• Is that why you would not advise a nervous person to take alcohol?

Yes, that is true, and I think any doctor who is really conscientious will feel the same way. Alcohol is a habit-forming drug. If you take a prescription to your druggist containing some substance such as phenobarbital, he will put a label on the bottle stating, "This prescription cannot be refilled."

• Why does he do this?

Because the Government recognizes the danger of allowing the free use of sedative drugs. There are far too many people addicted to such drugs already. So the pharmacist must have a new prescription to be sure that the person will not become addicted to the use of sedatives and narcotics. Alcohol is a sedative, too. It is the most widely used sedative today. That is why there are so many more addicts to alcohol than to morphine or the barbiturates.

• If alcohol were placed under the same

restrictions as other sedatives, would there be fewer alcoholics?

Most definitely. In fact, there might not be any alcoholics at all.

*Dr. Anderson, there is a claim made by many advertisers today that alcohol is useful as a food. Is this really true?*

No, I don't believe that alcohol is useful as a food. It does contain some calories, which are rapidly absorbed—more rapidly than any other substance. But alcohol does not build up the body. It does not contain vitamins, minerals, or proteins. As a food substance it is rather poor because we can oxidize only half an ounce per hour. It is totally inadequate in maintaining the vital chemistry of life.

*You say that alcohol is rapidly absorbed? Where, then, does it go?*

It diffuses rapidly through all the fluids of the body—the blood stream, the tissue fluids, the cerebrospinal fluid.

*As a doctor, what is your opinion of all this liquor advertising so prominently displayed everywhere today?*

I am deeply concerned about it. I feel that there is grave danger in giving the impression, especially to young people, that a certain amount of alcohol might be beneficial to the body. Actually there is no benefit at all from the taking of alcohol. The only reason people take it is for its depressing, sedative effect. It brings in temporarily a little touch of unreality and escape from the tensions of life.

*But don't reputable magazines carry such advertising today?*

Yes, unfortunately some widely read magazines do advertise alcohol. But I would like to point out that *The Journal of the American Medical Association*, which is the most authoritative voice in medicine in the United States, has banned all liquor advertising and all tobacco advertising. This policy went into effect in January, 1954. No liquor advertising is allowed in *Today's Health*, which is one of the popular magazines for lay readers. *Today's Health* is also published by the American Medical Association. There is good reason why doctors feel concerned over the widespread liquor advertising that confronts us everywhere.

*Doctor, I am particularly interested in young people. Does this liquor advertising have any effect on them?*

Yes, unfortunately it does, and it is distressing to every student of social life today. Many observers agree that the increased use of alcohol is complicating many of the serious conditions that confront the world at this time.

*In what way would you say that alcohol is likely to affect modern youth?*

Because of the unstable world in which we are living. For example, di-

vorce is increasing at an alarming rate. This is creating serious problems everywhere. Every divorce represents another broken home. Children from broken homes are bewildered and insecure. They only add to the dissatisfaction and unhappiness that we see on all sides.

*But young people seem so happy and carefree, don't they?*

It is a sad fact that in spite of the brave front many young people are putting up, deep down underneath they may be feeling the stress and strain of a home that is breaking apart. And if it is not their own home problems, many of them are greatly disturbed because they are associating with other young people who are in this condition. Much of the bad behavior of adolescent years springs from an unhappy home environment.

*But, doctor, what does all this have to do with alcohol?*

Because liquor advertising is primarily directed toward those who are tense, frustrated, and unhappy. These

wars and all the uncertainties of the future are having their effect upon high-school and college students and upon people in all walks of life. Our Atomic Age is not basically happy. As a result, millions of people everywhere are looking for a way out of their troubles. Such conditions as these are bound to increase the consumption of alcohol and similar drugs. World War II introduced alcohol to millions of young people who might never have touched it otherwise. It gave many of them a fleeting moment of unreality, and as a result it has increased the number of people who have become addicted to its use.

*What do you really feel should be done about this tremendous problem, especially as far as young people are concerned?*

I believe that sensible young people will want to know the facts; and when they know them, they will be in a position to judge for themselves. They should know that alcohol is not a healthful beverage. It is a drug.

*What would you advise young people to use as a beverage?*

I would urge them to use the fruit juice before it is fermented! Then it will be able to do some real good for the body. Grape juice, for instance, is a wonderful food. It will help anyone to build a strong constitution, but when it is fermented it will destroy that most important organ of reason, memory, and judgment—the human brain.

*Doctor, suppose a person is already caught in the grip of alcohol? What can he do about it?*

If he really wants to overcome his addiction to this drug, there is only one way in which he can do it. He must definitely set his will against any further contact with alcohol. There is no escape for him unless he continually exercises all the power of his will. He must determine to stay away, not only from alcohol itself, but also from people who drink it.

*But can't he drink "moderately" and overcome the habit?*

There is no such thing as safe "moderate" drinking for any person in the grip of alcohol addiction—nor for anyone else.

*What more should he do?*

He must build up his body in every way, restoring the lost vitamins and the damaged tissues by a good, healthy diet. He must get plenty of rest and sleep in order to keep his mind clear. He must resolutely determine that he will be completely victorious over this soul- and body-destroying habit.

*Can he do this by himself?*

No, his trust must not be in himself, (Turn to page 26.)

I PROPOSE a new declaration of independence! The time has come, I believe, for a complete change of attitude toward the so-called alcohol problem.

Study of this question has so far shown an astonishing bias of thought and preoccupation with the negative side. Logically, however, the main thesis of the subject should be positive in its approach—the consideration and appraisal of life without alcohol.

The use of beverage alcohol is today an anachronism in our society, a business and a habit that are revealed not only as outdated but, on the basis of their results, unwarranted and serious handicaps for life and progress at the present time. Alcohol is really an invasion by an outside marauder.

Proclaiming and portraying the negative side—for example, the effects of alcohol on the human system and the reasons therefor—are all very well, but there is great need to marshal facts on the potential effects of *life without alcohol*.

Popular efforts to glamorize abstinence will not be necessary when people really recognize the values of abstinence in everyday life, their meaning alike to personal and social relations, the quality of professional endeavor, the tremendous value of abstinence as an economic factor in commerce and government, as well as to the moral and religious well-being.

We do not belittle the value of scientific and social data exposing the dangers of alcohol. Complete absorption in this side of the question, though, is insidious in its impact upon the public.

In this regard the contents of the most widely recognized periodical in this field is significant. Through the more than five hundred articles of its fifty-four consecutive issues, the editors of the *Quarterly Journal of Studies on Alcohol* have never had time, space, or occasion, in its fourteen years of history, to devote a chapter of any consequence to an exploration of the principle of abstinence, or to any suggestion of the economic, social, and moral values and benefits of abstinence as a way of life.

I propose a new declaration of independence!

Why do we need to stand helplessly aghast at the \$250,000,000 annual outlay of the brewers and distillers to advertise and glamorize their wares in the press and over and through radio and television?

We forget that before repeal, liquor spokesmen openly urged that liquor advertising would not be a part of life under the Twenty-first Amendment, because relegalization

## Safety Bumper Strips



Leaders of the American Temperance Society in the Southern California area introduce a new safety bumper strip to officials of the Los Angeles Police Department, and demonstrate how it is used to publicize the truth about beverage alcohol. The slogan used, "Liquor a Safety Menace," and others of a similar nature will be seen far and wide as thousands of Americans utilize this method to spread the warning against mixing drinking and driving.

Bumper strips similar to the above but with varied slogans may be secured from the publishers of "Listen" Magazine, 6840 Eastern Ave., N.W., Washington 12, D.C.

# A New Declaration of Independence

Fred D. L. Squires

Secretary, American Business Men's Research Foundation  
Chicago, Illinois



ROBERTS

of the liquor traffic was merely to permit those who wished to drink to do so legally, no more, no less.

Why shouldn't the thoughtful citizens of America unite to launch a program of factual advertising on behalf of the only sure way to remain free from alcohol's dangers?

The best cartoonists, the ablest painters, the cleverest humorists, the greatest writers, the most effective marshals of fact and truth, could thus be drawn together for the most powerful presentation of what an alcohol-free civilization could be and might achieve.

The time has come to move in this direction. The real crux of this proposal is the unique and utter modernness of the present movement for abstinence. Conditions in today's civilization demand such.

Our need of precision in every department of life, the constant exacting requirements of our machine age, the supreme necessity of alcohol-free reflexes and judgment in driving our 50,000,000 potentially lethal cars on our highways, overwhelmingly call for banishment of alcohol in our world of constructive thought and action.

The one sly chance of the liquor traffic in all this is its opportunity to urge its wares as a needed instrument of relaxation for hard-driven human beings. But here scientific, social, moral, and spiritual thought and fact unite to expose the fallacy of drink as a safe relaxer. *(Turn to page 26.)*

**J**IMMY DORN was thirteen. He was going to graduate from the eighth grade in June. His teacher, Miss Campbell, had told him that he was the third-ranking student scholastically of the eighty-one students in the graduating class.

She asked him what he wanted to be—a doctor, lawyer, engineer, air-line pilot. Jimmy said he wasn't sure; but when she asked him whether he wanted to be a contractor or a carpenter as was his father, he replied No so sharply that he blushed at the angry certainty with which he spoke.

Tonight, however, as he lay in bed he wasn't thinking about graduation. Nor was he thinking about how he might have put into words more precisely the elusive reasons why he reacted so violently to Miss Campbell's question about following in his father's footsteps.

He listened to the clock in the tower of the town hall. He wondered whether its metallic coughing would ever stop. It was twelve o'clock.

He raised himself to look at the bed across the room. His brothers Lenny, eight, and Ronnie, seven, were sleeping without stirring. And he knew that his sister Kathy, eighteen months, who slept in the large bedroom downstairs, would not awaken until morning.

Jimmy lay tense, listening intently to all the sharp and sudden sounds that invaded his quiet room. He could hear his mother leave the sewing machine to walk into the parlor, and there pace between the two front windows.

Then he heard the sound he knew his mother was waiting for and dreaded—his father stumbling on the stairs. He could hear her returning quickly to her sewing machine, his father colliding into the wardrobe in the hall and falling in the doorway, and his mother anxiously stopping the machine until the unsteady feet were heard plodding across the parlor.

Jimmy pushed his fingers into his cold palms, his heart pounding as he listened to the cruel and reasonless words he had so often heard but which stung more each time he heard them.

"All right, Julie, don't make off like you ain't been waitin' up for me, just like a good little wife," said Mike Dorn, swaying in the parlor as he tried to remove his overcoat.

He reeled against a lamp table when he was unable to pull his right arm out of the sleeves of both his suit coat and his overcoat. Finally he jerked his arm free and swung both coats against the lamp. They crashed against the wall.

"I ain't so drunk so's not to spot you pussyfootin' in the front room." He wiped his loose and drooling mouth with his shirt sleeve.

Julie Dorn continued sewing as if in her application to her work the reality of her drunken husband would be somehow lost.

"Don't make off like you don't know I'm here—drunk like I was last night and the night before, and gonna be every night from now on. Julie!" He kicked a chair across the room.

"Mike, please, the children. You'll—"

"Never you mind the children. They're all sleepin' like they ought to be, 'ceptin' maybe your precious pet Jimmy. He's probably listenin' at the door, else he wouldn't know so much about his drinkin' father, unless you keep remindin' him what a drunken bum his father is!"

"Mike, that's not so. Jimmy's sensitive and grown up. He understands more—well, more than do Lenny and Ronnie."

"Sensitive? Disrespectful's more like it. How would you feel if your own kid told his teacher he didn't want to be like you?"

"I don't know what it is you're trying to say, Mike."

"Do I have to draw you a picture? Fred, the barber, tells me what his kid Melvin, in Jimmy's room, heard Jimmy tell his teacher about me. Yea, that's right, your precious Jimmy says to his teacher he wouldn't be like his own father for anythin' in the world!"

"But, Mike, I'm sure that whatever

## It Could Happen Again

The tragedy of this story is that it really did happen—and will again!



the boy might have said couldn't have been meant the way you're taking it, so bitterly and with hatred."

"There you go stickin' up for him again. He's always 100 per cent right. But me, I'm always 1,000 per cent wrong. So what's the use even tryin' to be right when you been tagged for life as a worthless bum by your own wife and kid, and by the whole county?"

"Mike, I'm trying to help you to—"

"Sober up and stop drinkin'? How? By callin' the sheriff again? It's no use, Julie. I don't want your help. You helpin' me's like a sick lamb helpin' a lion, disgustin'. I feed you, roof you; what else do you want? Will you stop runnin' that stupid machine?"

ing the sound of his father's big hand across his mother's thin and tired face. He wanted to run downstairs, but he couldn't move. He felt stiff and frozen. And whatever muscle he tried to move was gripped by a cold paralysis. He was even unable to call for help or cry out. He could only listen and feel the anguish of complete helplessness at a time when he wanted more than anything else to help his mother.

Only after he had heard his father stumbling out of the house did his freezing paralysis begin to melt away. He heard the clock in the tower, but he didn't count the times it struck. He heard his mother sobbing downstairs. He wondered whether she heard him crying the rest of the night.

The next day Jimmy awakened Lenny and Ronnie as he did every school day. And, as usual, Lenny and Ronnie stamped down the stairs, shouting and laughing. Jimmy was red-eyed and silent.

He didn't eat his breakfast. His eyes followed his mother as she held a towel over her mouth. When little Ronnie asked her why she kept her face covered, she answered that she had a cold sore on her lips and didn't want to breathe her germs all through the house. Only Jimmy caught her glance. Both lowered their eyes as if sharing the same secret pain.

"Now, Lenny and Ronnie," she said still holding the towel over her mouth, "stay in the yard until Jimmy comes out."

"Good-by, mother," Jimmy called. "Don't worry about them. I'll watch them until they're safe in school."

"I know you will, Jimmy. Have a nice day at school. But you'd better hurry. It's nearly eight-thirty."

She placed the towel she had held over her mouth on the table and began gathering the cups and bowls. Jimmy turned in the doorway, and saw his mother's face. Her lips were cut and swollen, and there was a large bruise on her left cheek.

"Jimmy," she said surprised, "are you still here?" She covered her face with the towel again.

"Mother," said Jimmy, embracing his mother, "I—I'm sorry about last night—sorry that I couldn't help. I tried, but I just couldn't." He felt a warm tear fall on the back of his neck.

"Now, Jimmy, I'll be all right, just you wait and see. And, and so will your father somehow."

"Do you really think so, mother? That'll be wonderful. Daddy's good, excepting for only one flaw. It's only when he drinks and beats you that it's hard to see any good in him at all. Then I almost forget that he is my father, that he can be nice, and everything grows cold and dark in me toward him."

"I knew that your father took what you said to Miss Campbell—. But look at the time! You will be late. Don't hurry across the streets, though."

"All right, mother," he said waving in the doorway.

The following morning Mike Dorn was examining an old .22 rifle.

"Jimmy," he said, "how would you like to go hunting with Monk and me?"

"Sure; I sure would, dad." Jimmy looked at his mother. The boy wasn't fond of old Monk, even though he was the best hunter and trapper in the county when he was sober.

"Good. Put on your heavy boots and your sheepskin jacket. Maybe we'll come across a wolf or a fox, who knows?"

Jimmy soon realized, however, that the rifle, along with the hunting talk, was merely a ruse for a binge in the woods; for his father and Monk "killed" a fifth of whisky, and began to sing ribald songs.

The cold air and the long hike exhausted the men, the alcohol numbed their faculties, and they insisted on resting. They would have frozen to death in their drunken sleep had it not been for the persistence and

"I wouldn't have to be sewing these old aprons and dresses if you didn't—"

"Stop! I know what you're goin' to say! But who bought you that machine in the first place?"

"You did, Mike," said Julie lining up another seam, "fifteen years ago on our first wedding anniversary. Remember? Or have you forgotten the sober moments of your life? There have been so few of them."

"So I drink! And why not? My sober moments with you are so dull that I decided to enjoy my pleasures. You and your ideas about faith, goodness, temperance."

Julie went on with her work at the machine. Mike was often immune to insults under the numbing influence of alcohol, but to be completely ignored was more than his exaggerated regard for himself could stand. For a moment he stood over Julie, swaying. Suddenly he slapped her across her face and neck. When she turned her head he slapped her again. Instinctively Julie clutched the nearest thing at hand, scissors.

"Oh, attackin' me with a weapon!" Mike screamed crazily. "Here, take that, that, and that! There! Now you won't be able to call the sheriff like you did them other times!"

He stooped to pick up his overcoat and fell face down on the floor. He heaved himself to his unsteady feet by holding the table. Dragging his overcoat behind him, he flung open the door and staggered into the street.

Jimmy had heard everything, includ-

CHARLES  
A. BLANK

*Strange Power*

Margaret Neel

What power does the goblet hold  
In sparkling drops of red and gold,  
What spirit of rascality;  
That twists a personality;  
Breaks the balance, flouts the rule,  
And makes the scholar act the fool?

What mocker in the depths of rum  
May make the friendly quarrelsome  
Or lift the timid's sense of lack,  
Create an egomaniac?

What is this power in the cup  
That builds a sagging ego up  
To heights of fantasy, and then  
May dash it back to earth again?

alertness of Jimmy to keep both his father and Monk awake and moving.

It was late in the afternoon when Jimmy and the two reeling hunters reached the edge of town. Jimmy called on Big Hank, the woodcutter, to take Monk home, and he walked home with his father across the tracks.

Julie Dorn held open the door as Jimmy helped his father into the house. She was concerned, but made no effort to help Mike, knowing how Mike resented any help from her.

"Jimmy," he called, sitting on the edge of the cot in the spare room, "I forgot to tell you. This gun don't work. Ain't never heard it so much as pop. Look." He pointed the rifle at Jimmy and pulled the trigger.

"See? What'd I tell you? All it does is click, that's all. Here, take it away. Let me lie down, my head."

Mike was too ill to work the first two days of that week. On Wednesday he managed to pull his wobbly faculties together. He left the house long before Julie and any of the children were up, and did not return home until fifteen that evening—drunk again.

He flung open the front door and staggered across the living room into the kitchen where Julie was altering a dress. Jimmy was at the table reading his history book. Lenny, Ronnie, and Kathy were sleeping.

"Just as I thought, runnin' that old machine, patching up dresses like you was a beggar or somethin', and makin' me out as a lousy provider." He swayed in the doorway, leaning first against one side and then the other.

Julie lifted her eyes from her work. She had never seen Mike quite like this before. His chapped lower lip was curled down, revealing his discolored lower teeth. A snarl distorted his face into that of a tortured and angry beast. Julie trembled.

"Mike, you left the front door open. It's cold," she said, trying to disguise her anxiety.

He reeled into the kitchen. Jimmy closed his book and went to close the front door. From the sewing machine Mike snatched the dress on which Julie had been working and tore it.

"Mike, stop that, Mike!"

"I'll teach you to think more o' patchin' a dress than t' give your husband a civil greeting."

He swung the back of his hand into her mouth and poised a clenched fist over her head.

"Dad, stop! Leave mother alone, or I'll shoot!"

Mike turned to see that Jimmy, white-faced and quivering, was standing in the door of the bedroom, aiming the old .22 rifle at him.

Mike's mouth opened with drooling amazement, then twisted with slushy laughter as he remembered that the old rifle "just clicks." He turned to his wife and was about to strike her, but before his fist landed, the rifle in the frightened boy's hand exploded a bullet into the right side of his father's neck.

Mike straightened, spun around, and reeled into the living room. There he crumpled to the floor, twitched for a moment, then lay still.

Jimmy dropped the rifle and ran to his mother.

"Mother, mother, I didn't mean to shoot. I just meant to frighten him so he wouldn't beat you. I—I was sure the gun wouldn't go off, as it didn't when, when he pulled the trigger at me. I didn't mean to."

Julie dropped beside her husband. She wound a towel under his chin. But Dr. Zelnis when he arrived pronounced Mike Dorn dead. Then he called the sheriff and the coroner.

The next day all the taverns in the county were closed.

Unfortunately, however, the taverns had been opened the night before, and would reopen the following day.

## A NEW DECLARATION

(Continued from page 23)

In our modern day, instead of the possibly disastrous resort to beverage alcohol, there are at hand a veritable host of ways and means of formal, informal, manual, intellectual, moral, and spiritually creative and re-creative thought and endeavor that may be had for the asking, and that day by day invite every differing temperament and preference of men, women, and youth into happy, carefree, fascinatingly delightful avenues of good fellowship, and satisfying companionship in which the tables are turned, and *alcohol itself* becomes the kill-joy and rank intruder wherever it appears.

We must recognize, and unite to preserve at all costs, these most precious possessions of our social, moral, and spiritual life. Adequate education and an exposition of the positive values of the abstinence way of life can therefore be safely by-passed or overlooked.

We must not be misled by liquor's claim that everybody drinks today.

The fact is that there are millions of informed, intelligent, and thoroughly up-to-date people who practice the abstinence way of life with the utmost satisfaction. More and more we are finding that the cardinal bases of good health, clear thinking, and deeper spiritual insight embody the principle of abstinence as a factor of fundamental importance.

Robert S. Carroll, M.D., for more than a half century one of the leaders in his profession, in his practical discussion *What Price Alcohol?* declares: "One day some great man will emblazon a chapter on the sanity, superiority, and manliness which is expressed in total abstinence that will be the Magna Charta of a new civilization."

May we confidently turn our faces to the future, with the conviction that a new view of social well-being and complete understanding of the truly better way of life is not far ahead—if we will unite in sane, constructive thought and action to make it a concrete reality.

## THE DOCTOR LOOKS AT ALCOHOL

(Continued from page 22)

but in God; for He alone can completely change the personality and bring victory to a broken life. As a medical doctor I want to say that there is no other substitute nor any other treatment that will solve this problem. This is the only way. There are real health and happiness for all who live in harmony with the laws of the universe and who place their trust, not in themselves, but in God.

When I was a boy, my elder brother was a life insurance agent. After I noticed that the total abstainer was given a much more favorable rate than the moderate user of alcohol, I asked why. My brother told me the statistical department of his company had learned that the abstainer had a definitely longer life span than the moderate drinker.

I asked myself the question, "Then why use any liquor at all?" So at seventeen, when I began working in a drugstore where liquor was always on the dispensing shelves, I made up my mind that I would never take my first drink, and at seventy-three I have still to do so.

Comparing my condition and health with that of any of my friends of my present age, or even younger, who were moderate drinkers, I can readily see that I would never be able to maintain my rugged pace had I not been a total abstainer. Especially at seventy-three, climbing demands a clear head, good eyesight, and a sound constitution. The fact that I have never used tobacco in any form may have also helped to keep me in good condition.

*Charles Broley*

## Eagle Man

CHARLES L. BROLEY

FROM banker to bird bander—that is my story. In 1938, at the age of fifty-eight, I retired from my work as manager of a branch of the Bank of Montreal in Canada in order to have more time to pursue my hobby of bird study, with particular emphasis on eagles.

I had decided to spend the winters in Florida and the summers in the Rideau Lake district of Ontario, where my wife and I have a cottage on a beautiful island.

As soon as I was settled in Tampa, I began hunting eagles' nests, for I planned to band some of the young southern bald eagles. I had learned that none of these had been tagged in Florida, and I wanted to learn more about their food habits, life span, general characteristics, and whether they ever left this Southern state.

Eventually I discovered 125 nests, which gave me plenty of material on which to work. They were all high up in tall pines or cypresses, from seventy to ninety feet above the ground. The first limb of some trees would be sixty or seventy feet from the ground. When I decided that rope ladders would be best for my purpose I constructed two forty-foot ones with strong rope and light pine crosspieces, and then a fifteen-foot one to use at the nest if needed.

These eyries are often built so that climbing up to them is like ascending under a wide umbrella—one nest is eleven feet across the top with no convenient limbs to get onto the

THIRD QUARTER

Many things are found in eagles' nests, but no whisky bottles!

PHOTOS BY AUTHOR



Young bald eagle and Broley.



Charles Broley climbs his rope ladder toward an eagle's nest.



A young eagle for banding rewards the climb.

alertness of Jimmy to keep both his father and Monk awake and moving.

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Mike was too ill to work the first two days of that week. On Wednesday he managed to pull his wobbly faculties together. He left the house long before Julie and any of the children were up, and did not return home until nine-fifteen that evening—drunk again.

He flung open the front door and staggered across the living room into the kitchen where Julie was altering a dress. Jimmy was at the table reading his history book. Lenny, Ronnie, and Kathy were sleeping.

"Just as I thought, runnin' that old machine, patching up dresses like you was a beggar or somethin', and makin' me out as a lousy provider." He swayed in the doorway, leaning first against one side and then the other.

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## DAD'S DAY

O. A. KEARNEY

The university football team had won, and the good-humored crowd streamed out of the stadium.

My son and I were hurrying across the campus toward our car when we noticed a group ahead that seemed more than ordinarily hilarious. Pushing through the crowd, we saw the cause of all the loud laughter.

In the center circle stood Jake Hunter, one of the alumni. Jake had been celebrating. His dirty coat showed that he was having difficulty keeping on his feet, and his hat was bashed in. His face red and puffy, he was hoarsely trying to sing the college song. Everyone was laughing—except one.

On the outer edge of the circle stood Jake's son Frank. He was NOT laughing, and was not proud to be there.

## A NEW DECLARATION

(Continued from page 23)

In our modern day, instead of the possibly disastrous resort to beverage alcohol, there are at hand a veritable host of ways and means of formal, informal, manual, intellectual, moral, and spiritually creative and re-creative thought and endeavor that may be had for the asking, and that day by day invite every differing temperament and preference of men, women, and youth into happy, carefree, fascinatingly delightful avenues of good fellowship, and satisfying companionship in which the tables are turned, and *alcohol itself* becomes the kill-joy and rank intruder wherever it appears.

We must recognize, and unite to preserve at all costs, these most precious possessions of our social, moral, and spiritual life. Adequate education and an exposition of the positive values of the abstinence way of life can therefore be safely by-passed or overlooked.

We must not be misled by liquor's claim that everybody drinks today.

The fact is that there are millions of informed, intelligent, and thoroughly up-to-date people who practice the abstinence way of life with the utmost satisfaction. More and more we are finding that the cardinal bases of good health, clear thinking, and deeper spiritual insight embody the principle of abstinence as a factor of fundamental importance.

Robert S. Carroll, M.D., for more than a half century one of the leaders in his profession, in his practical discussion *What Price Alcohol?* declares: "One day some great man will emblazon a chapter on the sanity, superiority, and manliness which is expressed in total abstinence that will be the Magna Charta of a new civilization."

May we confidently turn our faces to the future, with the conviction that a new view of social well-being and complete understanding of the truly better way of life is not far ahead—if we will unite in sane, constructive thought and action to make it a concrete reality.

## THE DOCTOR LOOKS AT ALCOHOL

(Continued from page 22)

but in God; for He alone can completely change the personality and bring victory to a broken life. As a medical doctor I want to say that there is no other substitute nor any other treatment that will solve this problem. This is the only way. There are real health and happiness for all who live in harmony with the laws of the universe and who place their trust, not in themselves, but in God.

LISTEN, 1954

When I was a boy, my elder brother was a life insurance agent. After I noticed that the total abstainer was given a much more favorable rate than the moderate user of alcohol, I asked why. My brother told me the statistical department of his company had learned that the abstainer had a definitely longer life span than the moderate drinker.

I asked myself the question, "Then why use any liquor at all?" So at seventeen, when I began working in a drugstore where liquor was always on the dispensing shelves, I made up my mind that I would never take my first drink, and at seventy-three I have still to do so.

Comparing my condition and health with that of any of my friends of my present age, or even younger, who were moderate drinkers, I can readily see that I would never be able to maintain my rugged pace had I not been a total abstainer. Especially at seventy-three, climbing demands a clear head, good eyesight, and a sound constitution. The fact that I have never used tobacco in any form may have also helped to keep me in good condition.

*Charles Broley*

## Eagle Man

CHARLES L. BROLEY

FROM banker to bird bander—that is my story. In 1938, at the age of fifty-eight, I retired from my work as manager of a branch of the Bank of Montreal in Canada in order to have more time to pursue my hobby of bird study, with particular emphasis on eagles.

I had decided to spend the winters in Florida and the summers in the Rideau Lake district of Ontario, where my wife and I have a cottage on a beautiful island.

As soon as I was settled in Tampa, I began hunting eagles' nests, for I planned to band some of the young southern bald eagles. I had learned that none of these had been tagged in Florida, and I wanted to learn more about their food habits, life span, general characteristics, and whether they ever left this Southern state.

Eventually I discovered 125 nests, which gave me plenty of material on which to work. They were all high up in tall pines or cypresses, from seventy to ninety feet above the ground. The first limb of some trees would be sixty or seventy feet from the ground. When I decided that rope ladders would be best for my purpose I constructed two forty-foot ones with strong rope and light pine crosspieces, and then a fifteen-foot one to use at the nest if needed.

These eyries are often built so that climbing up to them is like ascending under a wide umbrella—one nest is eleven feet across the top with no convenient limbs to get onto the

THIRD QUARTER

Many things  
are found in  
eagles' nests,  
but no whisky  
bottles!



PHOTOS BY AUTHOR



Young bald  
eagle and  
Broley.



Charles Broley  
climbs his rope  
ladder toward  
an eagle's nest.



A young eagle  
for banding  
rewards the  
climb.

top of it. In such a case I have to throw a rope over the nest and pull my short ladder up level with it.

Getting my ladders up into the trees did not bother me for long. I had played lacrosse as a boy, and knew I could throw well. I tied a lead weight to the end of a two-hundred-foot cord and, winding up like a baseball pitcher, I threw this over a chosen branch. I pulled up a clothesline with it. A hundred feet of well-tested rope was fastened to this, and in turn I pulled my ladder into place.

My rope is anchored at the bottom of the tree; but there are some nests so high up in cypresses that I have to leave my ladder loose at the bottom and pull it up after me and then connect it up higher, even though I use the two long ones. However, I enjoy a difficult tree, because the easy ones become monotonous.

Then it is actually a little heavier than its parents and equally as strong. Some of them fight me to the finish when I try to band them. Several times their powerful talons have gone right through my hand, and I have been obliged to use my heavy band-tightening pliers to pull loose these claws. On one occasion while trying to extract the talons from my left hand I carelessly lowered my head, and the eaglet at once sank her other nails right into my face, tearing it up badly and barely missing both my eyes.

The life span of the bald eagle is not known, but it is possibly about fifty years. My banding may furnish more data on this in due time. In Tampa a friend of mine kept an eagle in a large, clean, and airy cage for twenty-nine years, and I often took fish to it. He had been given the bird, which had fallen from a nest in a high windstorm

beach. I have found several fish plugs, which are easily accounted for. Some fish broke the angler's line; the eagle saw it floundering around trying to get rid of the hook, scooped it up, and carried it to the nest. After the fish was eaten, the hook and part of the line remained in the eyrie. Shells are found in every nest. In one of these treetop homes was a long wax candle; in another, a light bulb. In one nest Mother Eagle was trying to incubate a white rubber ball. I have found also a woman's skirt, tennis shoes, turtle shells,—there were eleven in one eyrie,—a snap clothespin, and an empty Clorox bottle.

However, I have still to find a whisky bottle in a nest of the United States national emblem. After all, the eagle is a wise bird!

#### B FOR THE HEART

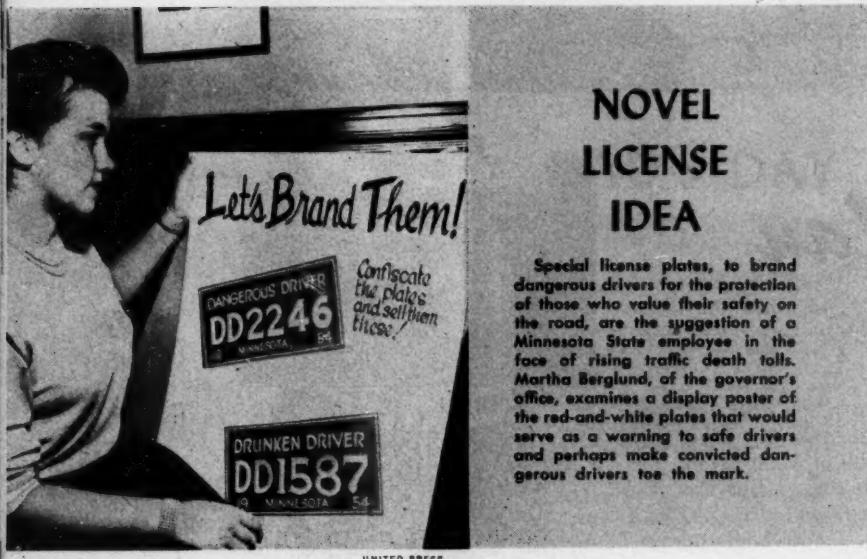
(Continued from page 20)

"But Andy says that whisky will steady a person's nerves," Connie commented.

"That's ridiculous, dear," laughed Mrs. Kent. "I happen to know that marksmen, surgeons, and others whose living depends upon steady nerves make it a practice to leave liquor alone. Why, the two leading surgeons in this town, one seventy-four and the other in his middle eighties, never took a drop of whisky in their lives. And if alcohol is the lifesaver that Andy believes it to be, insurance companies would not require alcoholics to pay higher rates than do abstainers."

"Alcohol is a deadly drug—if you can call it a drug. The chemist classifies it as a poison," explained Mr. Kent. "Whatever you call it, the results are the same. It not only does physical damage, but also deadens the brain centers to such an extent that a man's reaction time is slowed down even though he is not drunk. Beer is weaker than whisky, but a couple of bottles can affect a driver's feet so that he will many times be unable to apply the brakes of his car in time to avoid a collision."

"Another proof, Connie, that alcohol is bad medicine," grandfather Kent added, "is that it dulls sensitivity to wrongdoing, so that a once perfectly pure girl can find herself pregnant after a drinking party. Both sexes can become infected with social diseases and be charged with murder and other crimes that they would not have committed if they had not drunk themselves into a state of moral coma. So tell Andy and all your friends to heed the advice of the leading psychologist Dr. George W. Crane, who tells young people, 'Be smart and avoid liquor.'"



Frequently there is more danger in reaching the tree than there is in climbing. Snakes are still plentiful in Florida, and I have had several narrow escapes when going through thick palmettos. One day I stepped on a five-foot rattle, fortunately on its neck. In a cypress swamp a cottonmouth missed me by only a few inches.

A friend suggested that I carry a flask of whisky with me on my trips in case a rattler hit me. This was very poor advice, for liquor stimulates heart action, causing a more rapid circulation of the blood and so taking the poison more speedily to the brain and other parts of the body, exactly what should be avoided.

A young eagle flies at twelve weeks.

when it was only a few weeks old.

My friend died last year, and the eagle died the following morning. The day before it died, however, it laid an egg; so it was a gentleman for twenty-nine years and a lady for a day.

Of the 1,200 eagles I have banded, I am sorry to say that I have had 112 recoveries, or, in other words, the birds have met disaster by being caught in a fox or muskrat trap, or by being shot. In my study I have learned that all the eagles leave Florida in July and August and fly north. Then a short time later, in September, the adults return to their old nests.

It is surprising what I find in certain nests. The male eagle has a habit of picking up any object he finds along the

## RETALIATION

### YESTERDAY AND TODAY

Today's psychologists probe deep to find  
The secret guilt in a patient's mind.  
They leave no convolution unmolested,  
They seek until their delving hands have wrested  
From the innermost recesses of the soul  
Each dark detail, each wrong, self-seeking goal  
Set on ahead—then gloat to feel their art  
Of healing will bring comfort to the heart.

But our forefathers long ago had learned  
And taught a simpler way which now is spurned,  
That only through right living can come peace;  
That God alone can bid men's conflict cease.  
They had a wholesome, efficacious creed:  
That faith through prayer can meet the spirit's need.

Grace Noll Crowell.

We do not keep alive and hoard  
The red-hot coals that seared our flesh,  
Nor drink again the poisoned cup,  
Nor bleed the dagger wound afresh.

Not so with wrongs we have endured:  
The cherished grudge, the secret hate,  
That leave their scars upon the soul,  
The day of vengeance to await.

It is indeed for our own sakes  
The Master bids us all forgive  
Till seventy times seven—yes,  
If we would wish to truly live.

Mamie Smith.



LEOMA

## Poems With a Purpose

### A SUGGESTION

Let us greet each happy morning  
With a bright and smiling face;  
Let us try, with each new dawning,  
To help make earth a better place.

Let our song be sweet and cheerful,  
Let us sing it with a smile.  
Let it be a pleasant earful  
That will make our life worth while.

Let us turn and face the sunshine,  
Make the shadows fall behind,  
So we get a new perspective—  
Let's be generous and kind.

Let the good deeds that we scatter,  
As we journey day by day,  
Leave a trail of golden blessings  
To help others on life's way.

Let us greet life's gathering twilight,  
As we watch the setting sun,  
With a faith that never wavers,  
Born of all life's work well done.

Frederick D. Brewer.

by  
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Authors

### COMPENSATION

Ambition lures the mind of man  
To lofty crags which it would climb,  
To spheres which only few may scan  
With insight well beyond their time.  
Yet, man may hold a victor's share  
As long as progress wakes his soul,  
And he who climbs but half a stair  
Has won a part, if not the whole,  
Attaining closer to his star  
Than he who feared to venture far.

Maurice Hill.

### ISLANDS OF COMMUNION

Precious are island silences that come  
In seas of noise,  
When traffic stops and motors slow to a hum;  
My spirit joys  
And I lift my heart to God in silent prayer.  
With change of light,  
Again my car speeds noisily forth to share  
The onward flight.  
These quiet morning islands of communion  
Help me, a partaker,  
To feel through all the day a closer union  
With God my Maker.

Bessie Gladding.

### KEEP UP WITH THE SUN

The sun sets here, but it rises there,  
All is not darkness everywhere;  
On beyond just a little way  
The night is turning to brightest day;  
Dawn follows along with the sun.

There to the west a new day is begun,  
'Tis the dawn—not dusk—not the set of sun.  
Those shadowy spots you are looking upon—  
Leave them behind, forget, press on  
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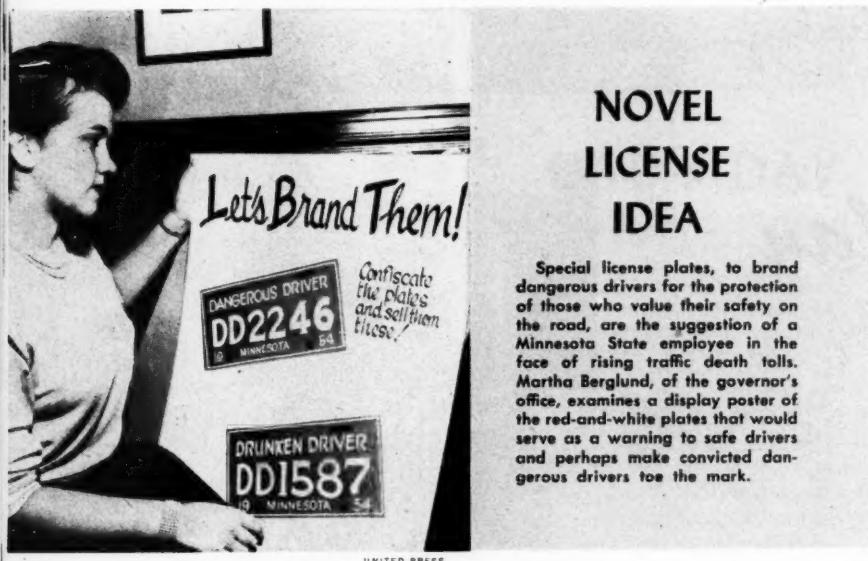
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## NOVEL LICENSE IDEA

Special license plates, to brand dangerous drivers for the protection of those who value their safety on the road, are the suggestion of a Minnesota State employee in the face of rising traffic death tolls. Martha Berglund, of the governor's office, examines a display poster of the red-and-white plates that would serve as a warning to safe drivers and perhaps make convicted dangerous drivers toe the mark.

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Those shadowy spots you are looking upon—  
Leave them behind, forget, press on  
To the west—and keep up with the sun!

Marjorie Lewis Lloyd.

## ALCOHOL IN THE CLASSROOM

(Continued from page 8)

which are conducive to health, the refusing of drinks and food offered by strangers or that which has not been approved by a responsible adult. The basic attitude at this age is the determination to drink only those things which are healthful and to avoid those things that are known to be harmful. We should condition our children to that point of view in the early elementary years so that it is an automatic response.

In the intermediate grades the program of alcohol education can and should be expanded to include certain information about the industrial uses of alcohol, facts about patent medicines and drugs, cost of alcoholic beverages, their nutritional value as compared with milk and fruit juices, simple evaluation of advertising. Children, even at the elementary age, can learn to be discriminating with regard to advertising

and of what they see in the movies and so on. At this age level, pride in keeping fit; interest in growth processes, and knowledge of the harmful effects of alcohol in relation to these factors certainly can be emphasized.

At the seventh- and eighth-grade level, health and safety units may be set up in science or health courses or in social studies. The usual objective of these courses is to inform children as to how alcohol affects their bodies and to introduce some scientific facts pertaining to alcohol and its effect on character and healthful living. In the ninth grade, social and community aspects relating to the use of alcohol may be expanded.

The eleventh and twelfth grades are the most promising grade levels and also the most critical time for the classroom study of alcohol. I am taking now the wider problems of alcohol, problems related to crime, divorce, and the family situation. At this age level the majority of problems in a democracy of today and the impact of alcoholism on these problems have a great interest for

the student of this degree of maturity. Students at this age are also becoming interested in consumer economics, in the establishing of a home and home economics, and in the personal problems relating to their social life and group activities. Driver education at this time presents an unequalled opportunity for discussion of accident hazards in relation to social drinking.

The teacher must at all times be aware of and give consideration to the attitude of the community with regard to the use of alcohol so as to present the subject in a manner which will not antagonize the pupil or his parents and thus defeat the program in its inception. I don't mean by that that we want to dilute the program.

The problem-solving technique is highly recommended and can result in pupil-teacher support. It will result in a maximum of pupil participation and direction because discussion will be determined by pupil interests and attitudes. I have often noticed in connection with other phases of health

## The Runaway

R. K. SQUIRE

Alcohol in any form enables a person to run away from his problems. He doesn't solve problems as they come up, and the result is that they keep piling up until finally the only thing that can give him relief is to drink more.

This is like the boy who goes to school and for pleasure passes up some of his assignments. As he goes along through the semester, he passes up this and he passes up that. These don't seem important at the time, but by mid-term, or at the end of the semester, he takes an examination and finds that he has missed many things that he should have had. In other words, he hasn't solved his problems as he has gone along. He has run away from them.

No, it doesn't seem important when you skip a class the third week of school, neither does it seem important when you take the first drink or two. But it begins to set up a pattern, and as the lazy student finally gives up going to school because it has become too difficult for him, the man or woman who leans on alcohol finally has to give up, too.

Perhaps one of the most important decisions that modern young persons will be called upon to make

is whether to drink or not to drink.

You may decide to become one of the crowd, to follow the advice of millions of dollars' worth of advertising and propaganda by the liquor and beer interests, but you know now from proved fact that you have one chance in five of becoming an alcoholic, one chance in sixteen of becoming a heavy drinker. You have increased manyfold your chances of having a bad accident; you have decided upon a course of action that will make you inefficient in your job, may wreck your marriage, may affect your children adversely; and you have done this all for the sake of being popular with a certain group of people.

Or you will make the decision not to drink; then you know that your chances for success, for a better marriage, and for greater happiness have been immeasurably increased.

This is not the time for running away. This is the time to make the decision and stick with it.

So think it over, and make up your mind now for all time whether you are going to be a "runaway" or face up to this particular problem and meet it head on. It can be done, and it's the only smart thing to do.

R. K. Squire, Hollywood advertising executive, believes in the positive approach to the alcohol problem. The really smart people are those who don't drink, he says, and he has produced a series of ten full-color educational posters to portray this fact

### THE MONEY THE AVERAGE FAMILY CAN SAVE ON LIQUOR + BEER -



### WILL BUY A NEW CAR EVERY YEAR

vividly. They are intended to help nondrinking youth stay nondrinking, and to help those who are drinking to realize that real smartness comes from leaving liquor alone. These posters well fulfill this purpose.

The posters, one of which is pictured in miniature here, are priced as follows:

1 set	10 posters	\$ 10
5 sets	50 posters	35
10 sets	100 posters	60
25 sets	250 posters	100

They may be ordered from R. K. Squire, 8820 Sunset Boulevard, Hollywood, California.

education that the success of the program depends on discussions being at the level of pupil interests. If you are discussing your program on a level of interests which is not yet developed, or which does not concern the pupil, you are likely to have a poor conditioning effect on the student.

Some teachers in health education have a special ability to stimulate pupil interests. We find that pupils certainly are interested in their own problems; in acne, for example, and much can be built around that interest. Health instruction concerning acne can be built around beauty, physical strength, vitality, energy, and the relationship between all these things and service to society. Let us not forget that as children become older they have ideals, they respond to ideals. We have underestimated this response to ideals when they are presented sincerely and dynamically. Young people are looking for challenges. I don't think we challenge our young people enough in the field of ideals.

Here are a few suggested problems that interest students in the study of alcohol:

1. Why do people believe that drinking alcoholic beverages makes them stronger or more attractive physically? or better conversationalists or humorists? Educators have found that this is an interesting and fruitful approach for the adolescent.

2. What drinking behavior is peculiar to the alcoholic? This topic can be developed in order to make drinking unpopular, objectionable.

3. What factors in American life tend to perpetuate the social custom of drinking, or the serving of alcoholic beverages? Youngsters will enjoy making an analysis of these factors, and it certainly will gradually develop out of a discussion that drinking doesn't lead to better conditions in our nation or to stronger character or to better national ideas.

4. Why is the intoxication which may follow the drinking of even small quantities of alcohol by young people the most dangerous immediate result of the action of alcohol on the nervous system? What a potent question that is for a discussion, because young people are so misguided and so misled about the innocuousness of small quantities of alcohol. That point needs to be discussed so that conclusions can be reached by the students themselves.

5. Why do young people try hard to appear sophisticated? In this discussion, originating in the students, the mere desire to appear sophisticated is demonstrated to be empty, silly, and foolish.

In the past, in order to educate youth

to refrain from using alcoholic beverages, the psychology of fear was developed. Alcohol was discussed as a poison which causes disease, insanity, and the loss of self-respect and family security. It does all of these things; but this teaching did not work, because young people have seen many instances where these things did not happen. I say this teaching wasn't successful because it was not based on or backed up by the scientific approach, by the problem approach, by the facts which we have at our disposal now for presenting to youth.

There is unquestionably a definite relationship between emotional imma-

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## "JUST A FOLLOWER"

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(Continued from page 16) earnings. Once hooked, many an addict will use the drug on and off as long as he lives.

Most teen-age drug users I have met admit they first began using the stuff through undesirable associates, at street-corner bull sessions, or in poolrooms and gambling houses, merely for curiosity and a thrill, to get a kick and a bang. "I was just a follower," I have been told over and over. The desire to imitate leaders is an extremely important factor responsible for the first injection, or "joy pop."

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There is no one cause for drug addiction any more than there is only one cause for alcoholism or crime. Addiction is a problem with multiple causes. The lure of heroin and marijuana for teen-agers constitutes a baffling enigma. Research scientists are just beginning to touch the problem in this aspect.

Nevertheless, certain common factors are present to a large degree in many cases. On the basis of actual work with more than one hundred addicts, I can draw this description of a typical teen-age addict: He has a poor family background, perhaps comes from a broken home, in a poor, congested neighborhood; is socially maladjusted and emotionally unstable; has deep-rooted feelings of frustration and inferiority; has few avenues of worth-while per-

## AFTERTHOUGHT

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Above all when there are no more.  
They are such fun, I do declare—  
I like them best when I'm not there.

## ALCOHOL IN THE CLASSROOM

(Continued from page 8)

which are conducive to health, the refusing of drinks and food offered by strangers or that which has not been approved by a responsible adult. The basic attitude at this age is the determination to drink only those things which are healthful and to avoid those things that are known to be harmful. We should condition our children to that point of view in the early elementary years so that it is an automatic response.

In the intermediate grades the program of alcohol education can and should be expanded to include certain information about the industrial uses of alcohol, facts about patent medicines and drugs, cost of alcoholic beverages, their nutritional value as compared with milk and fruit juices, simple evaluation of advertising. Children, even at the elementary age, can learn to be discriminating with regard to advertising

and of what they see in the movies and so on. At this age level, pride in keeping fit, interest in growth processes, and knowledge of the harmful effects of alcohol in relation to these factors certainly can be emphasized.

At the seventh- and eighth-grade level, health and safety units may be set up in science or health courses or in social studies. The usual objective of these courses is to inform children as to how alcohol affects their bodies and to introduce some scientific facts pertaining to alcohol and its effect on character and healthful living. In the ninth grade, social and community aspects relating to the use of alcohol may be expanded.

The eleventh and twelfth grades are the most promising grade levels and also the most critical time for the classroom study of alcohol. I am taking now the wider problems of alcohol, problems related to crime, divorce, and the family situation. At this age level the majority of problems in a democracy of today and the impact of alcoholism on these problems have a great interest for

the student of this degree of maturity. Students at this age are also becoming interested in consumer economics, in the establishing of a home and home economics, and in the personal problems relating to their social life and group activities. Driver education at this time presents an unequalled opportunity for discussion of accident hazards in relation to social drinking.

The teacher must at all times be aware of and give consideration to the attitude of the community with regard to the use of alcohol so as to present the subject in a manner which will not antagonize the pupil or his parents and thus defeat the program in its inception. I don't mean by that that we want to dilute the program.

The problem-solving technique is highly recommended and can result in pupil-teacher support. It will result in a maximum of pupil participation and direction because discussion will be determined by pupil interests and attitudes. I have often noticed in connection with other phases of health

## The Runaway

R. K. SQUIRE

Alcohol in any form enables a person to run away from his problems. He doesn't solve problems as they come up, and the result is that they keep piling up until finally the only thing that can give him relief is to drink more.

This is like the boy who goes to school and for pleasure passes up some of his assignments. As he goes along through the semester, he passes up this and he passes up that. These don't seem important at the time, but by mid-term, or at the end of the semester, he takes an examination and finds that he has missed many things that he should have had. In other words, he hasn't solved his problems as he has gone along. He has run away from them.

No, it doesn't seem important when you skip a class the third week of school, neither does it seem important when you take the first drink or two. But it begins to set up a pattern, and as the lazy student finally gives up going to school because it has become too difficult for him, the man or woman who leans on alcohol finally has to give up, too.

Perhaps one of the most important decisions that modern young persons will be called upon to make

is whether to drink or not to drink.

You may decide to become one of the crowd, to follow the advice of millions of dollars' worth of advertising and propaganda by the liquor and beer interests, but you know now from proved fact that you have one chance in five of becoming an alcoholic, one chance in sixteen of becoming a heavy drinker. You have increased manyfold your chances of having a bad accident; you have decided upon a course of action that will make you inefficient in your job, may wreck your marriage, may affect your children adversely; and you have done this all for the sake of being popular with a certain group of people.

Or you will make the decision not to drink; then you know that your chances for success, for a better marriage, and for greater happiness have been immeasurably increased.

This is not the time for running away. This is the time to make the decision and stick with it.

So think it over, and make up your mind now for all time whether you are going to be a "runaway" or face up to this particular problem and meet it head on. It can be done, and it's the only smart thing to do.

R. K. Squire, Hollywood advertising executive, believes in the positive approach to the alcohol problem. The really smart people are those who don't drink, he says, and he has produced a series of ten full-color educational posters to portray this fact



vividly. They are intended to help nondrinking youth stay nondrinking, and to help those who are drinking to realize that real smartness comes from leaving liquor alone. These posters well fulfill this purpose.

The posters, one of which is pictured in miniature here, are priced as follows:

1 set	10 posters	\$ 10
5 sets	50 posters	35
10 sets	100 posters	60
25 sets	250 posters	100

They may be ordered from R. K. Squire, 8820 Sunset Boulevard, Hollywood, California.

education that the success of the program depends on discussions being at the level of pupil interests. If you are discussing your program on a level of interests which is not yet developed, or which does not concern the pupil, you are likely to have a poor conditioning effect on the student.

Some teachers in health education have a special ability to stimulate pupil interests. We find that pupils certainly are interested in their own problems; in acne, for example, and much can be built around that interest. Health instruction concerning acne can be built around beauty, physical strength, vitality, energy, and the relationship between all these things and service to society. Let us not forget that as children become older they have ideals, they respond to ideals. We have underestimated this response to ideals when they are presented sincerely and dynamically. Young people are looking for challenges. I don't think we challenge our young people enough in the field of ideals.

Here are a few suggested problems that interest students in the study of alcohol:

1. Why do people believe that drinking alcoholic beverages makes them stronger or more attractive physically? or better conversationalists or humorists? Educators have found that this is an interesting and fruitful approach for the adolescent.

2. What drinking behavior is peculiar to the alcoholic? This topic can be developed in order to make drinking unpopular, objectionable.

3. What factors in American life tend to perpetuate the social custom of drinking, or the serving of alcoholic beverages? Youngsters will enjoy making an analysis of these factors, and it certainly will gradually develop out of a discussion that drinking doesn't lead to better conditions in our nation or to stronger character or to better national ideas.

4. Why is the intoxication which may follow the drinking of even small quantities of alcohol by young people the most dangerous immediate result of the action of alcohol on the nervous system? What a potent question that is for a discussion, because young people are so misguided and so misled about the iniquity of small quantities of alcohol. That point needs to be discussed so that conclusions can be reached by the students themselves.

5. Why do young people try hard to appear sophisticated? In this discussion, originating in the students, the mere desire to appear sophisticated is demonstrated to be empty, silly, and foolish.

In the past, in order to educate youth

to refrain from using alcoholic beverages, the psychology of fear was developed. Alcohol was discussed as a poison which causes disease, insanity, and the loss of self-respect and family security. It does all of these things; but this teaching did not work, because young people have seen many instances where these things did not happen. I say this teaching wasn't successful because it was not based on or backed up by the scientific approach, by the problem approach, by the facts which we have at our disposal now for presenting to youth.

There is unquestionably a definite relationship between emotional imma-

## "JUST A FOLLOWER"

(Continued from page 16)

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sonal fulfillment; has a limited education and a poor employment record; is inclined to be nervous, listless, and insecure; is irresponsible, suggestible; and has a deep need for social acceptance in a group setting.

A peculiar kind of amnesia seems to be sought by some narcotics users. There is constant desire to flee from bewildering life situations into a psychological cloud of forgetfulness.

"When I first took heroin, before the painful stage set in," says one teenager, "I seemed to float away into another world. I felt as though the top of my skull was being lifted off, like the cover from a sugar bowl, and that my brain went up like a balloon into the sky. I walked on air. I had been having a lot of trouble at home with my old man; it had been making me nervous. So now I found that I didn't care any more, and that is the way I seemed to want it."

Sometimes merely a word or two spoken casually by a drug user gives a clue to his motivations. Some of the reasons given by teen-agers for taking heroin run like this:

"It helped me get over the blues for a while, until I got sick and couldn't stop taking dope any more."

"It helped me sober up after a drinking bout. I kept on using the capsules, however, until I became a nervous wreck."

"I never got along well in school, and I began to take heroin to make myself more comfortable in the classrooms. I found out too late what it really did."

"When I took my first needle I felt powerful, a big shot, a big wheel, but in a few months my strength all seemed to leave me."

"I thought it would give me a lot of pleasure until I found I needed the stuff to keep on living."

There is definitely no cure-all for the drug problem. Treatment is difficult once a user becomes addicted. It is hard to "get off the hook." Those who have become addicts are in need of medical care and guidance. It is certain that more clinics, more hospitals, and more doctors and social workers are needed in this program of rehabilitation.

However, a program of prevention is a logical necessity. The alarming increase in drug addiction among teenagers, without narcotic education, indicates that our youth should be made aware of the deadly danger of drug addiction. There must also be a crusade to awaken the parents and teachers of America, as well as the youth, to the evil of this plague. We have been alerted to the dangers of cancer, polio, smallpox, and tuberculosis. Why not to drug addiction? It is more devastating.

## RELIGION'S ROLE

(Continued from page 10)

him to his feet again. It is the same with religious fellowship. I have seen it work a thousand times.

I believe that the major contribution the church makes to the alcohol problem is in the preventive sense. It keeps people from alcoholism. We have very few alcoholics in our church. I can count on both hands the number out of six thousand people; but we have many coming in from the outside, wanting a different kind of environment. That part of the task, too, is necessary, and we must keep moving up on it.

## Wanted--Bartender

**Must have ability to cater to a very discriminating club membership. Appearance and use of the English language is important. Job requires split shift. A must is no drinking habits, and be able to undergo a thorough investigation; good salary and meals. Call at 102 Carroll St., S.E., club office. Ask for manager.**  
—From a Washington, D.C., paper.

Another feature of religion's role is the establishment of an inner tribunal of power in the individual. This is the most difficult feature of all. Outside is the fear of the herd, inside are the moral loyalties, the something greater than, as I have said, the mores of the crowd. We are tempted in our consciences to be like a watch. Unlike a watch, a compass will point to magnetic north wherever it is. I was going through the Suez Canal once, and a Britisher stood beside me. As we got to the canal he exclaimed, "Now, boy, for a living!" I asked, "What are you talking about?" He quoted these words from Kipling:

Ship me somewhere east of Suez, where the best is like the worst,  
Where there aren't no Ten Commandments, an' a man can raise a thirst.

You see, he was getting ready to adjust the watch of his conscience to Egyptian moral standard time. There are many moral standard times in the world, and some people are ready to change with these times, for their consciences are as adjustable as a watch. Why? Because they have no magnetic north. A compass does not adjust itself

that way. I don't care where you are, in India, Egypt, Hollywood, or New York, it points to magnetic north. No matter what crowd you are with, that needle does not deviate. A person has to find magnetic north somewhere, or the compass of conscience is a useless gadget. There has to be a deep inner source of spiritual power and conviction.

The best place to close a saloon is between the nose and the chin, and no man can do that unless he has inner resources. Alcoholics are trying to run away from something. They are just not up to life; or they are pleased to practice euphoria, the wonderful day-dream which they have after they get a drink that all their debts are paid and everything is fine, only to wake up in the morning with a double problem and a headache as well. It is a Bible or a bench; it is drink or a deity. You and I have seen that a thousand times.

A definite need from the preventive angle of the alcohol problem is moral courage for legislation. How about a few preventive measures? But just try to get people with the moral courage and fortitude necessary to stand up against this traffic, and see what you get. There is only one institution you can really count on, and that is the church. I don't say you can count on her a hundred per cent, but it is the one institution the traffic can't push around.

Einstein, the great German scientist, said: "I used to despise the church, but not any more. I saw journalists suddenly silenced by Hitler; I saw university professors struck dumb in six months. I saw the commentators who were so loud in their protestations for truth suddenly paralyzed in their speech and pen. Only the church of Jesus Christ dared to throw itself across Hitler's campaign to suppress the truth. Now I have the deepest admiration for an institution that once I despised." Yes, I say that the role of religion is to give people moral courage.

The woman who is writing for the board of education in our city a series of lessons on moral and spiritual values, came to me once. She asked, "Dr. Evans, do you think you can have morality without God in our schools?" I replied, "What do you think? You take the letters g-o-d out of 'good' and what have you to build on; what is left?" She said, "Zero." I said, "Exactly." And since God has gone out of many of the schools, there has been a tragic moral decay in our land.

Moreover, I know what religion has done for the home. The home is a triangle. Here is the husband, and here is the wife, and here is the extrovert base, or God. Let me give you these statistics: One out of every three homes

in America is broken by divorce, but only one out of every fifty-seven church homes is broken by divorce. Why? Because there is in the presence of religion in a home an adhesive that gives you twenty times the chance to hold together that you have without God.

A man came into my study one afternoon. "Dr. Evans," he said, "somebody told me there is a dynamo, and I have to wire into it for power, but nobody can tell me how to wire in. Now," he went on, "I know there are only five minutes left of my personal conference time with you, but can you? I am desperate. God is all that is left now." And he asked, "Would you mind giving me the name and address of a Christian layman who can tell me how to wire in to God?" You know, I scratched my head for a moment. Such laymen are not easy to find.

So I stood up in my pulpit the next Sunday, and said, "Men, the Roman army lost its battles when its soldiers put down their short swords and trusted to long-distance catapulting. The church and religion are going to lose their battle when you laymen feel you have no responsibility to take your short swords and come hand to hand with these dear fellows who need your help and you trust us to catapult a message long distance that might strike someone and might not."

Then I gave this invitation: "I want any of you men who have been alcoholics, but who with the help of God have conquered it and will at any time night or morning or day be ready to help these broken lives, come and see me at the close of the service." Eleven men came forward, two of them my elders.

We closeted ourselves together for five evenings at my home around the hearthstone discussing the technique of helping men wire into God. I asked them this question: "With you eleven men, what helped you conquer this problem?" Each of the eleven said, "It was a definite giving over of my life to God in Christ." Then I asked, "How many of you have lost the appetite completely?" Eight out of eleven said they had. Three others said, "No; it's still a battle." But they were all conquering.

Out of that little group in our church we organized what we called our Sobriety Fellowship. This group has been meeting once a week; often others come in to share their testimony for God and religion. We have so far helped about a hundred alcoholics. We are not saying too much about it yet, because it is still in embryo, but the beginning is encouraging.

We must come back to the priesthood of the laity where the average

man feels a tremendous moral obligation toward his fellows. We can't leave it entirely to the clergy, for there are not enough to go around. There is power in the fact that a man can say, "I know, because I have been through this thing."

In religion there is something that will change a man inside. I say to college students: "I want you to be perfectly scientific in your approach to Christ and the Christian religion. You have a right to be. When you test scientific principles, and they do not work, you scrap them; if they do work, you hold on to them." It is the same with religion.

A certain Yale man wrote this letter to Robert E. Speer some years ago:

## INFINITY

Ruth Kaplan

The day moves heavily,  
With the burden of the ages  
Lying like wooden mummies  
Across my brain.

The day lifts its ironclad feet  
With the weariness  
Of a team of aged oxen  
Pulling a thousand caravans.

"Dr. Speer, I heard your address at Yale some time ago. What you spoke about is what I have been looking for in my life. I had not been conquering one weakness in my life, and you told me that if Christ came in, He could enable me to get a bulge on my temptations from the very start, that I could do an about-face in an instant and from that moment on I'd be a different man. I had to do that, because I could not wait. I don't want to wait for years of psychological habit forming and habit breaking. I haven't time. If Christ can't do that for me now, there is no use. But I did it, and it worked. I made an about-face in an instant. I got a bulge on my temptations from the very start, and from that moment on I was a different man." Then he said, "I am a graduate student in psychology, and I have always tried to explain everything that happened to me on psychological grounds, but I can't explain this."

In religion I have learned that when you put repentance and faith together, they precipitate a new life. Don't tell me this doesn't happen; I have seen it. That is the role of religion. "If any man be in Christ, he is a new creature." With individual regeneration, and all things becoming new, he reaches up and begins to change things in society.

Thus we have personal regeneration and the start of social reconstruction.

There is one factor I should emphasize. Personal regeneration adds service to salvage. I say that because I think some alcoholics are selfish. When I ask them, "Why do you want to be sober?" I get some very selfish reasons, such as: "Well, I don't want to hang my head down, as I walk in the community." "I want my loved ones to be proud of me." "I want to hold my job." These are all good motives, but I don't think they're the highest. There must be something utilitarian about our salvation, or it becomes merely an escape mechanism. People must realize that when we offer God to them, they not only get *out* of something—retribution—but get *in* for something, too. There is no salvation without service, though we are not saved by our works. We are saved by faith to good works.

Paul said we must be vessels clean and fit—for what? The Master's use. And what is the use of cleaning a vessel, if you are not going to use it? What is the use of being sober, if we are not going to use that sobriety for the benefit of God and man? If that great motive is not uppermost, many men won't think it worth while to remain sober.

Some people will go to certain organizations to become sober when they won't go to the church. Why? Because they realize the church will ask them not only to be sober, but also to be serviceable; and they don't want to be available. Of course, it is harder to get alcoholics to come to the church than it is to get them to some other organizations that ask nothing beyond their sobriety. The church asks that they dedicate themselves to a life of unselfish extroversion. Why, I have many people in my congregation who are sober, but God knows that has not ended the problem. They're great big, healthy lumps of sober uselessness. I think we've got to put behind sobriety a spiritual purpose, don't you? Religion can play that role in the lives of people.

Also religion gives people the patience of God. I have known six men in my congregation who have been rehabilitated within the last year and a half because their wives dared to stay by and keep hoping. A woman came into my office some time ago and told me: "Dr. Evans, I can't go on. I can't stand his drunken kisses any more." We prayed. She got up and said, "I think I'll still go on." She got her answer, a wonderful home now. The child's grades have gone up from C's to between B's and A's, all of them. A child is a seismograph, registering every domestic earthquake. I have seen religion play this role to keep people

keeping on. Believe me, that is tremendous in dealing with an alcoholic.

You and I are going to need patience. One of our fellows in the Sobriety Fellowship, the head of eight large firms in Los Angeles, called me up, his voice so choked he could hardly talk: "Dr. Evans, the man of whom I am the sponsoring friend, hit the bottle last night. What can I do?" It seemed the whole bottom had dropped out. I said, "Stick by. What do you think you ought to do? In the last nine months how many times has he been drinking?" He replied, "Not once." I said, "If a man goes up to bat ten times and gets nine hits, would you kick him off the team? Here is an average of nine hundred. Stick by him." He said, "I will." He is now doing splendidly, and is a sponsor of another alcoholic in our church. But it takes a great deal of patience.

So it is that religion plays a vital role in the prevention of alcoholism, and, I might add, the cure as well.

## TALK TO WIVES ABOUT HUSBANDS

*(Continued from page 14)*

approached the age of twelve did he become actively resentful of girls. By then he wanted no mistake to be made. And so, as though to protect himself against any misunderstanding, he became strictly identified with those of his own sex. He found a certain satisfaction in bragging that he was definitely "off the girls."

He was so repulsed by anything feminine that he even included his mother in this forbidden category.

So, on two counts your husband, at the age of twelve, wanted to make sure that his mother's influence did not follow him too closely—first because his mother typified his childhood home, and second because his mother was once a girl and girls are "sissies."

As two or three more years passed in your husband's youthful experience, his attitudes shifted again. He surprised his pals and almost surprised himself one afternoon when he found himself walking home with one of the girls in his class. He felt awkward and rather conspicuous, but he had rounded another corner in his progress toward maturity and now derived satisfaction in being man enough to attract the attention of a member of the same group of girls he had so completely despised a few months before.

Of course this first special attraction for a member of the fairer sex was short-lived. Several or even many such attractions came and went before he found you and eventually asked you to be his bride. So he seemed to overcome his twelve-year-old antagonism for girls. He even became more tolerant of his mother and learned to treat her with the deference which any gentleman owes a lady. The only remaining reservation in his relations to his mother centered around his insistence that she treat him now as an equal rather than as she used to treat him—a child under her supervision.

Your husband as you know him today would smile at being reminded of the attitudes he possessed when he was a boy of twelve or thirteen years. He is no longer afraid, as far as he knows, of being classed as a "sissy." As far as he is aware he does not go out of his way any more to protect his masculine status.

But strangely enough, the behavior patterns of that twelve-year-old period are still present in your husband's personality. Usually they are not apparent, for he has learned to live above them. While he was still in his teens he seemed to outgrow the resentments and antagonisms and the fear of being a "sissy"; but his victory over these twelve-year-old attitudes was not accomplished by abolishing them, but only by developing other behavior patterns that have superseded them.

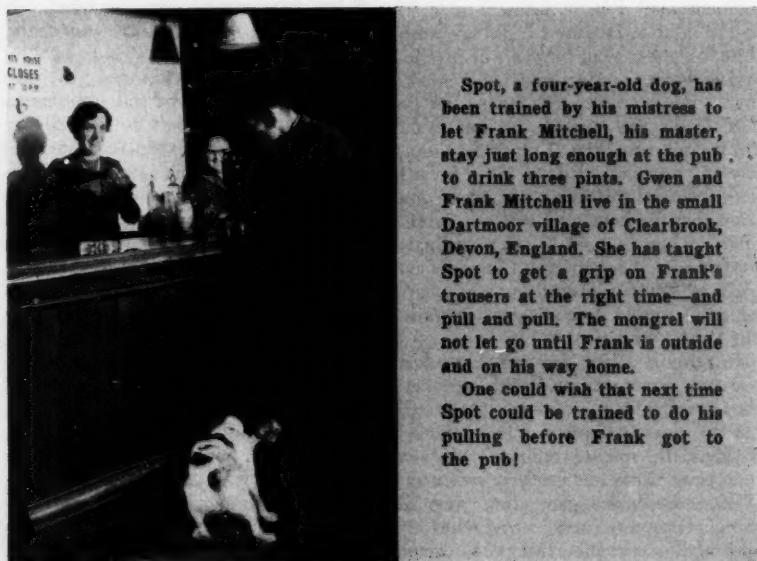
This is the reason that there are times even today when your husband becomes resentful of feminine authority. There are times when you, his beloved wife, express oversolicitude for his welfare. At first he is tolerant and appreciative, but suddenly his facial expression changes as much as to say, "Where have I heard that before?" His face takes on the expression of determination, and he snaps back some remark about nagging, and how he hates it. Facts are that your remark has subconsciously reminded him of the solicitude of his mother from which he tried to emancipate himself in his early teens. His old habit patterns are released, and he resumes his struggle against being dominated by a woman.

So whenever your suggestions sound mandatory or whenever your cautions carry the implications that you have superior judgment, your husband's memories automatically force him to an attitude of resentment and to the inaudible sentiment, "I had supposed that a grown man would not have to wear apron strings."

When your husband accuses you of nagging, don't blame him too harshly. It is only that he is craving your assurance that he is really a man in his own right. And now that you understand why he resents nagging, you will be able to relate yourself to him tactfully as a pal rather than as a mother-substitute.

And let's hope that your husband does not use alcohol. The problem of nagging is serious enough without having to introduce the complications that result when a husband indulges in liquor. Alcohol cancels out the advantages he gained with increasing maturity. Under the influence of alcohol he is carried back toward his youthful attitudes of resentment and his feelings of insecurity. Under such circumstances he can readily imagine that his wife nags him unmercifully just as he used to assume that his mother followed him from place to place trying to dominate his every movement.

The most logical remedy for such a complex problem is to get rid of the alcohol. Things seem to smooth out wonderfully when there is no alcohol to add such complications.



**Spot, a four-year-old dog, has been trained by his mistress to let Frank Mitchell, his master, stay just long enough at the pub to drink three pints. Gwen and Frank Mitchell live in the small Dartmoor village of Clearbrook, Devon, England. She has taught Spot to get a grip on Frank's trousers at the right time—and pull and pull. The mongrel will not let go until Frank is outside and on his way home.**

**One could wish that next time Spot could be trained to do his pulling before Frank got to the pub!**

We

REPEAT  
REPEAT  
REPEAT

► **Don't Reel, but Kill**

"The staggering drunk, bad as he is, is not the big problem. Drunks behind the wheels are vastly outnumbered by the drivers whose two or three or four drinks make them feel and look harmless. They don't reel when they walk, but they kill when they drive."—The Travelers Insurance Company, Hartford, Connecticut.

► **Two Rules**

"There are two rules which have to be enforced strictly if juvenile delinquency is to be defeated: First, children must not be allowed to drink liquor,

consort with bad companions, hang around in poolrooms or saloons, or stay out all night; second, parents must not be allowed to drink liquor, consort with bad companions, hang around in poolrooms or saloons, or stay out all night."—Ted Collins, *Tempo*.

► **No One Is Immune**

"Anybody, if he drinks enough over a long period of time, will become addicted. It takes some people longer than others to attain addiction, but no human being can be regarded as immune."—Dr. Robert Fleming, Harvard Medical School.

► **"The Smart Thing to Do"**

"I wish I could speak to every high-school boy and girl in the city and tell them that even though they are swamped with the idea that the mixing of a cocktail and drinking of an alcoholic beverage is 'the thing to do,' it certainly doesn't diminish one's stature to prefer a milkshake to a Tom Collins. It ought not to make one feel like a heel for one to prefer ginger ale to a Martini. Our young people need to look upon the smart thing to do as something which will enable them to develop their own finest potential self."—Paul Wagner, *Tampa Tribune*.

• • • • • **NO LIQUOR ADVERTISING** • • • • •

More than 550 magazines today, with a total circulation of 112,250,000 subscribers, refuse all alcoholic beverage advertising, including beer, according to a published W.C.T.U. survey by Fred D. L. Squires, research counsel. Seventy nationwide journals with this policy (twenty with more than a million subscribers each) report a paid circulation of 73,870,519, more than the total of adults in the United States.

Among direct replies to the questionnaire are these statements of reasons behind the no-liquor advertising policy:

**Better Homes and Gardens:**

"Beer and liquor are not essential to a better home. And we also feel that beer and liquor advertising is not essential to our magazine."

**Reader's Digest:**

"We foresee no change in this situation. Newsstand and subscription sales of the domestic edition make the magazine economically self-sufficient without advertising revenue." The United States edition does not carry liquor advertising.

**Woman's Day:**

"Because *Woman's Day* is meant to help housewives and mothers run their homes and raise their families, since our inception we do not feel that beer or liquor advertising has a place in our pages and have never accepted this advertising."

**The National Geographic Magazine:**

"Since *The National Geographic Magazine* is owned by its members, we do not accept any controversial advertising."

**Good Housekeeping Magazine:**

"It is our opinion that our readers expect *Good Housekeeping Magazine* to be thoroughly a service magazine, and prefer it without alcoholic beverage advertising."

**Boys' Life:**

"We do not accept any alcoholic-beverage advertising, inasmuch as acceptance of advertising by *Boys' Life* in the eyes of our subscribers amounts almost to endorsement of the product by the Boy Scouts of America."

**Seventeen:**

"We do not accept liquor or beer [advertising] because of the specific character of our market—girls in the age brackets thirteen through nineteen."

**Our Sunday Visitor:**

"Reason for the restriction: To keep *OSV* on as high a plane as possible because of its national acceptance and readership in nearly 800,000 Christian homes and schools."

**Scholastic:**

"I am sure you appreciate in advance that publications such as ours should not and could not accept alcoholic beverage advertising, including beer."

**National Parent-Teacher:**

"It supports legislation to prohibit the broadcasting by means of any radio or television station of any advertisements of alcoholic beverages."

**Nature Magazine:**

"Such advertising is inconsistent with the constructive policies of our association and magazine."

**General Federation Clubwoman:**

"Our organization does not wish to endorse the use of alcoholic beverages."

**Desert Magazine:**

"We do not carry liquor advertising because alcohol is a habit-forming drug, the same as marijuana and heroin, and we don't believe these things are good for humans."

**The Athletic Journal:**

"Alcohol has no part in athletics other than its external use in the training rooms. We have never permitted alcoholic advertising and never will."

**The Y.W.C.A. Magazine:**

"Our policy has always been not to carry any advertising of alcoholic beverages. We carry advertisements only that are in accord with the principles and policy of the Y.W.C.A."

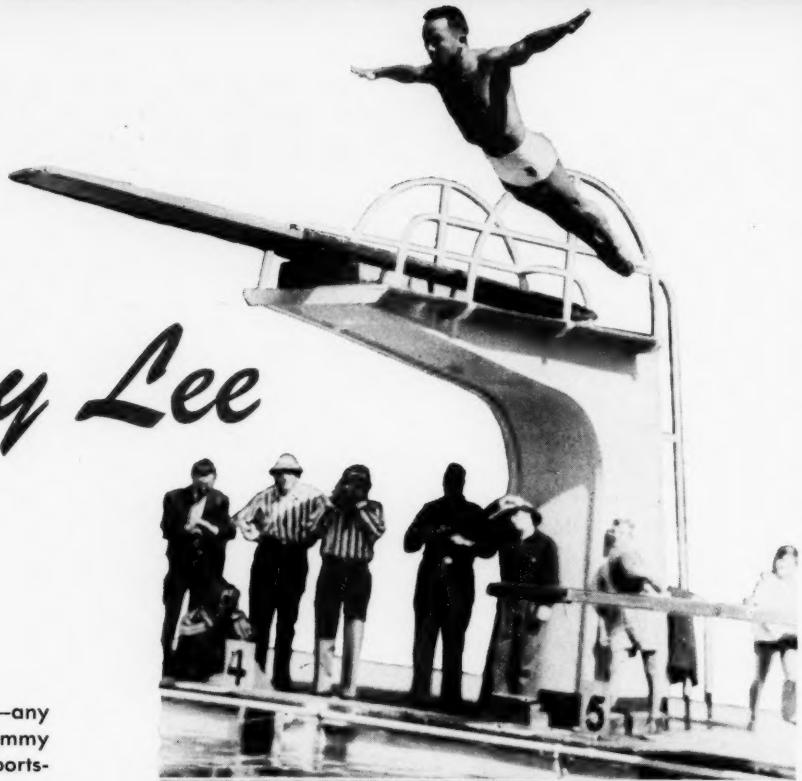
# Sammy Lee

**M**AJOR, doctor, diver—any of these titles fit Sammy Lee, internationally known sportsman and medical specialist.

Though he did not compete in a single championship event during the year, Sammy Lee won the 1953 James E. Sullivan Memorial Trophy, the award given annually to "the amateur athlete who, by performance, example, and good influence, did most to advance the cause of good sportsmanship during the year."

A double Olympic high-diving winner in the 1948 and 1952 Olympic Games and a three-time National A.A.U. champion, he flew from Korea especially for the New York ceremony at which the award was presented. On hand, too, was Mrs. Eunkee Lee of Los Angeles, Sammy's mother, who made the trip through the generosity of President Syngman Rhee of South Korea, whom her doctor son has treated on several occasions in Seoul, where as an ear-nose-throat specialist he is attached to the 121st Evacuation Hospital.

As a major his duties in the U.S. Medical Corps have carried him to many parts of the world where he has found time to entertain the Armed Forces with diving exhibitions on many occasions. The trail of international friends thus made by Dr. Sammy Lee is as lengthy and encircling as the equator.



U. S. NAVY

Being both an athlete and a doctor of medicine, I am confronted with the problems of alcohol from two aspects—one as a physician, and the other in regard to its effect on my condition for competitive sports. Medically speaking, many in my profession prescribe the use of alcohol for its physiological effects on the cardiovascular system. However, I am afraid that too many patients, and nonpatients, use it far beyond that, leading to their own self-destruction, and, worse still, to the ruin of the happiness of their loved ones.

Speaking as an athlete who has been able to compete in big-time fancy-diving competitions all over the world for the past twelve years, I honestly feel that I could not have retained my second Olympic title at the age of thirty-two if it had not been for my abstinence from liquor, even during non-training periods.

THE NEW YORK TIMES



Sammy happily accepts the Sullivan Trophy at a special ceremony in New York.

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